



BROKEN KHLOE: 'WE WERE GETTING BACK TOGETHER'

• Her plan to reunite with Lamar • Heartbreaking final text

Only
in
Now

Britain's **BEST**
Celeb Mag!

PLUS

They're
secretly
dating!

**KOURTNEY
& JUSTIN**



26 October 2015 nowmagazine.co.uk

BIG Now
EXCLUSIVES!



GEMMA'S
7-day juice
detox diet



CHERYL

'Eating
loads' but
skinnier
than ever



**TARA
REID**

Friends'
fears over
new photos



**JAIME
KING**

'Yes, I am
very thin!'

**SHOCK
NEW**

SKINNY CRISIS

Have these stars
gone too far?



PETER

Dishes the
dirt on
Strictly

£155



9 771365 686239
SPAIN €2.95 ITALY €3.50 GREECE €3.60 CYPRUS €3.10



next.co.uk
**ORDER BY
12 MIDNIGHT
FOR NEXT
DAY DELIVERY**

To home for £3.99
or to a store for free*.

LEFT: COAT £80 BAG £24
RIGHT: JACKET £65
JEANS £26 BAG £32
BOOTS £68

* Next day delivery is subject
to stock, courier availability
and courier area/store
location. Other exceptions
apply see next.co.uk/terms.



next

COLOUR
OBSESSED

THE RED ONE.

ELVIVE:
UK'S N°1*

EXPERT TAILOR-MADE CARE
BEYOND BEAUTIFUL HAIR

L'ORÉAL
PARIS
ELVIVE
COLOUR PROTECT

L'ORÉAL
PARIS
ELVIVE
COLOUR PROTECT
90 SECOND SAVIOUR
INTENSIVE CONDITIONER

COLOURED HAIR

DON'T LET YOUR COLOUR OBSESSION
FADE. COLOUR PROTECT IT
THE RED ONE

- UP TO 80% OF COLOUR MAINTAINED AFTER 28 WASHES.**
- SEALS IN COLOUR TO PRESERVE INTENSITY.
- ENRICHED WITH UV FILTERS.

FIND YOUR HAIR OBSESSION AT
LOREAL-PARIS.CO.UK/HAIROBSESSION

BECAUSE YOU'RE WORTH IT.

L'ORÉAL
PARIS

*Nielsen Haircare Value and units 52
w/e 26.06.15

** Instrumental test shampoo + conditioner
+ Extraordinary Oil for coloured hair

She's so NOW

Jennifer lays down the Law

It took real balls for Jennifer Lawrence to speak up about equal pay in Hollywood. On learning her American Hustle male co-stars were paid more than her, Jen, 25, got mad – with herself, explaining: 'I failed as a negotiator because I didn't want to seem "difficult" or "spoilt".'

She may be the world's highest paid actress, but her comments highlight the double standards millions of women face in the workplace. It's time we stood up for ourselves like men do!

Jen's not the only one doing it like the boys. Turn the page to see how the likes of Kourtney

Kardashian and Kate Hudson are ripping up the dating rule book...

Louise Bennett, Assistant Editor (News Content)
Follow me on Twitter
@louisebennett

Like us on Facebook



facebook.com/NowMag

Follow us on Twitter

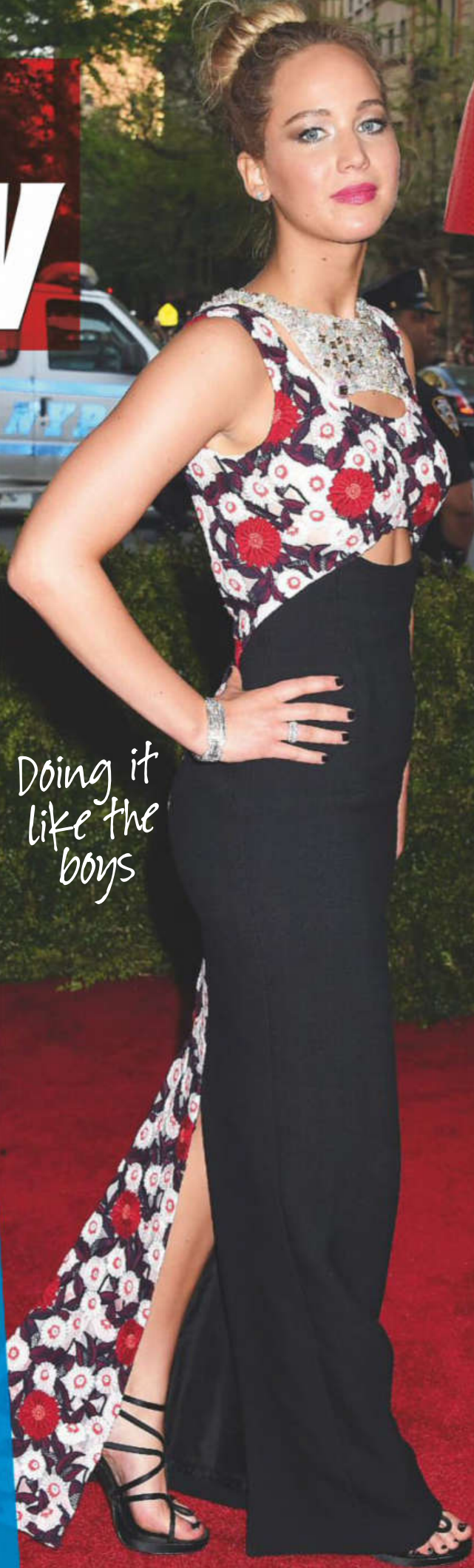


twitter.com/nowmag



Be part of the story!

Doing it like the boys



Surprise wardrobe inspirations, p66



The week in chic, p60

Inside this week

On the cover

- 7 Kourtney Kardashian & Justin Bieber
- 10 Khloé Kardashian & Lamar Odom
- 16 Peter Andre
- 23 Shock new skinny crisis: Cheryl Fernandez-Versini, Tara Reid, Jaime King and more
- 42 Gemma Collins' seven-day detox juice diet

News & Features

- 7 Lovejuice
- 31 Harry Styles
- 33 The Beckhams
- 34 Fashmob
- 37 The Xtra Factor's Melvin Odom
- 39 Need To Know Now!
- 51 Five page special: The X Factor boys
- 56 11 Things You Didn't Know About: James Bond
- 58 Hollywood Now

Instagram

- 60 What's Trending Now
- 64 Get 20% off at PrettyLittleThing.com
- 66 Unlikely style icons
- 76 Get £10 back when you spend £50 at Very.co.uk
- 79 A love letter to... Olay
- 80 Berry kiss

Lifestyle & Entertainment

- 85 You & Improved
- 87 Oh My Bod: Chloe Madeley
- 89 Homes
- 91 Scopes
- 92 The Fix
- 97 Celebword
- 98 Whatever Happened To: The Chuckle Brothers

*Overdoing it
is Aussome
Undoing it?
Leave that to Aussie*

Got morning-after-
the-night-before hair?
Meet our Miracle Repair collection
(or the overdone-it-undo-ers),
crammed full of hair-loving
shizzle. Now there's no
reason to limit
your lifestyle.

#FindYourAussome



There's more to life than hair but it's a good place to start



This week's **Love** *juice*

Who's **dating, mating** and **hating**

It's toyboy time!



No point in disguising: Justin and Kourtney enjoy a spooky Halloween date night

Kourtney's revenge romance?

Kourtney Kardashian & Justin Bieber

Although love is the last thing on her mind right now, 36-year-old Kourtney Kardashian made sure all eyes were on her as she stepped out with 21-year-old toyboy Justin Bieber last week, before the sad news about her brother-in-law Lamar Odom emerged.

The pair headed out to Universal Studios' annual Halloween bash followed by a romantic dinner at nearby restaurant Nice Guy – and obviously squeezed in a load of selfies along the way, presumably to make Kourtney's ex Scott Disick, 32, seriously jealous.

Their date night comes days after Scott – father of her three children Mason, five, Penelope, three, and 10-month-old Reign – was pictured cosying up to 18-year-old model Lindsay Vrackovnik.

Shortly after Kourtney and Justin were pictured together, Scott checked into rehab in Malibu and posted on Instagram: 'Never Give Up.'

TURN FOR MORE ➡



Spoilt for choice! Seeing Nick Jonas...

Kate's at it too...

Kate Hudson & Nick Jonas

Has cougar Kate, 36, bitten off more than she can handle? After splitting with Muse's Matt Bellamy in December, she's reportedly been seeing Cheryl Fernandez-Versini's ex Derek Hough, 30. But now the actress is apparently romancing 23-year-old Jonas Brother Nick. When asked by a US magazine what he thought of this, Derek replied: 'I don't really think much.' So which one is it, Kate?



...and linked to Derek Hough

RIMMELLONDON.COM



BYE BYE LASH CURLER

NEW 24HR SUPERCURLER MASCARA

VOLUME & LASH CURLING POWER IN ONE

A bold new formula bends lashes up to 90-degrees! An eye-shaped brush builds hyper-curved volume. 24 hours strong!

Kate Moss wears 24HR Supercurler Mascara in Black.



RIMMEL

GET THE LONDON LOOK



Brian McFadden & Vogue Williams

They separated in August, but Brian, 35, and Vogue, 29, are thinking of rekindling things as they've been seen on several nights out.



LOVE ladder

Hotting up



John Legend & Chrissy Teigen

Congrats to singer John, 36, and model wife Chrissy, 29, who are expecting a baby after years of trying.

Olly Alexander & Neil Amin-Smith

Years & Years singer Olly, 25, has sadly split with Clean Bandit's Neil, 25, after eight months – they're reportedly 'taking a break' due to their hectic touring schedules.



Cooling off



Perrie Edwards & Joey Essex

Perrie, 22, and Joey, 25, were rumoured to have enjoyed several dates, but Perrie's spokesperson has insisted: 'Perrie is not dating Joey.' OK!

Single and inspirational

Jessie J & Luke James

Jessie, 27, is on the lookout for another boyfriend to Bang Bang into the room after splitting with R&B singer Luke, 31, after 11 months. A source said: 'Jessie fell hard for Luke, but over the summer she started having doubts.' She's taken a very showbiz way of dealing with the sadness – by, um, Tweeting clichés like: 'We are all human. We all need love.'



In love with Love



Sadie Frost & Marcus Love

She's been there through thick and thin for bestie Kate Moss over her rumoured love split, so it's only fair Sadie, 50, gets some good luck in the romance department. She's been papped snogging stylist Marcus in the back of a taxi after leaving the Groucho Club. A pal says: 'Sadie and Marcus work in the same circles and were introduced by a mutual friend.' Aww.

Mr Right?

Jorgie Porter & Craig

We loved the Stand Up To Cancer celebrity special of First Dates (officially our favourite programme). And it looks like Hollyoaks' Jorgie, 27, found actual love on the show with personal trainer Craig, 31 (whose surname's under wraps for now). In fact, they hit it off so well that dishy Craig was her date for the Inside Soap Awards earlier this month.



Crush corner

JASON LEWIS,
44

It's been 11 years since Jason first played Samantha's beaut of a boyfriend 'Smith' Jerrod in Sex And The City, but clearly time has done him justice – he still looks hot to us! 'Scuse us while we stare dreamily at his awesome bod...





Paramedics collected Lamar from the scene of his collapse last Tuesday afternoon



The moment Khloé was told the devastating news by her best friend while on a photo shoot

Fighting for his life

Heartbroken Khloé: 'She wanted to reunite with Lamar'

The star's haunted by the final text she sent him before he spiralled out of control

They may have signed their divorce papers a few months ago, but things were far from over between Khloé Kardashian and her husband of five years Lamar Odom. According to one of her close friends and confidantes, Khloé believed that Lamar would sort out his drink and

drug demons and rebuild his life so they'd be able to rekindle their marriage.

So as the 31-year-old reality star rushed to be at her estranged husband's side as he lay in a coma in hospital last week, having been found unconscious at a Nevada brothel following a four-day bender, any dreams she'd had of reconciliation were shattered. Our source tells us: 'She's spent

the last few years waiting for him to get better, waiting for him to go to rehab and entertaining the idea that he'd one day beg her to marry him again and they'd live happy ever after.'

HOPES OF REHAB

Despite her sister Kim's reservations about the frequent and often flirtatious phone calls between Khloé and Lamar

aired on *Keeping Up With The Kardashians*, the former couple had resumed contact with each other in recent months. Even Kris Jenner was said to be behind a reunion and was keen to see Lamar, 35, back on the show.

'Kris knew they were still hooking up and she was hoping they'd one day get back together, but she was straight with both of them, saying she'd never approve

The former basketball pro was found unconscious at this Nevada brothel by two of its employees



OVER THE EDGE

Speaking outside the Sunrise Hospital in Las Vegas where Lamar was fighting for his life having suffered multiple organ failure, his personal trainer Fareed Samad confirmed that Khloé and Lamar had been in close contact in the weeks leading up to his collapse. He told reporters: 'They were texting each other about meeting up and resolving things and then when he finally got out there it wasn't good. It was bad. He gets a lot of calls and texts. I don't know if it would've put him over the edge. But we know that something's not right.'

As the tragic events that led to Lamar's collapse unfolded, it seems something happened on Sunday 11 October that led him to step up his partying. He arrived at Dennis Hof's Love Ranch in Nevada, reportedly hoping to get away from it all for a few days. However the owner – who'd allowed the former NBA star to use his private quarters for the

duration of his stay – recalls Lamar receiving a phone call on the Sunday afternoon that left him in a 'sombre' mood.

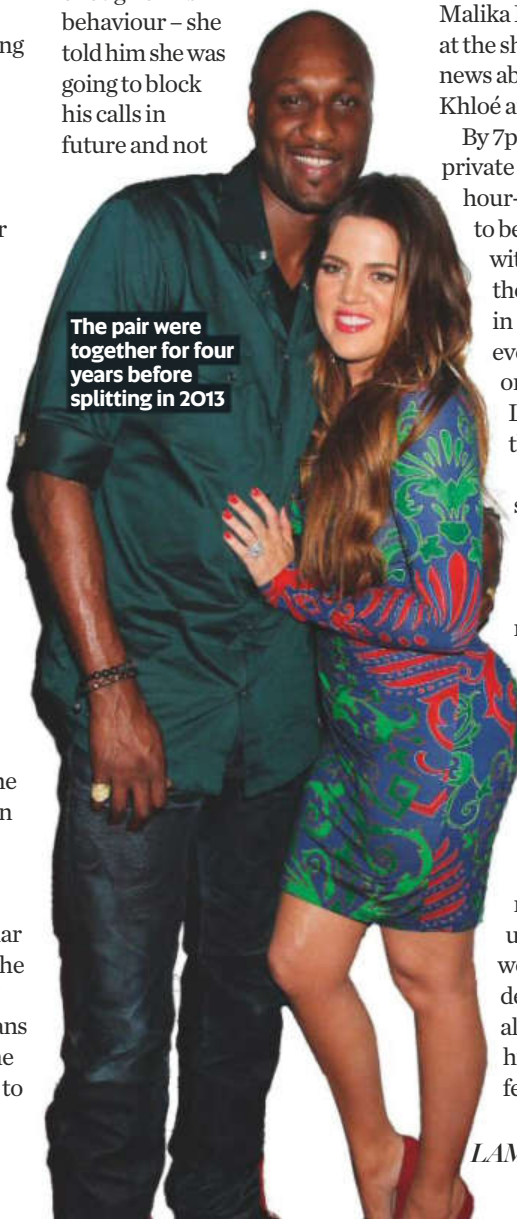
Sources at the ranch claim Lamar

became agitated about the way he was portrayed in the episode of *Keeping Up With The Kardashians* that aired on Sunday night in the US. Until that point he was said to

have been normal and 'chilled' but afterwards was said to have switched, weeping uncontrollably about his 'broken life'.

Our source close to Khloé tells us: 'He'd been texting her all weekend, veering between angry ranting and crying, and begging her to take him back. She'd had enough of his behaviour – she told him she was going to block his calls in future and not

The pair were together for four years before splitting in 2013



to contact her until he wanted a lift to rehab.'

'The possibility of her taking him back was the only thing that kept Lamar going,' says another insider. 'He was doing so well – he had Khloé as his motivational "prize" for cleaning up his act, but everything went wrong in his phone call to Khloé the morning before his bender.'

HER BIG REGRET

Eventually Khloé texted him to tell him she wished he'd just disappear from her life and leave her in peace. In a tragic twist of fate this text – meant as a desperate attempt to push Lamar into getting the help he needed and sorting his life out for good – was the last contact Khloé had with him before his collapse. It's become her biggest regret.

As paramedics were called to attend to Lamar at the brothel at around 3.15pm, Khloé was at a lingerie photo shoot in Beverly Hills. At 3.30pm, her best friend Malika Haqq was seen arriving at the shoot to break the shocking news about Lamar. She left with Khloé an hour later.

By 7pm Khloé had boarded a private plane and was making the hour-long journey to Las Vegas to be by his side. She travelled with Kris and was taken from the airport to the hospital in a Rolls-Royce. Later that evening Khloé arranged for one of her reps to collect Lamar's belongings from the brothel.

It's emerged that, despite signing their divorce papers, the pair are still technically married so Khloé has had to make important decisions regarding his condition.

'It's just the most heartbreaking situation,' reveals our insider. 'Khloé's never been happier than when she was with Lamar. They're soul mates who just got caught up in a crazy, hedonistic world of fame and it destroyed them. Even after all this time and all the hurt, she still has strong feelings for him.'

TURN FOR KHLÖE & LAMAR'S LOVE STORY

h

if there were still drugs on the scene,' an insider close to the Kardashians reveals. 'Kris actually helped arrange and fund a sobriety treatment for Lamar and even rented a house in the suburbs of Vegas so Khloé could visit him in secret. He'd moved his stuff into this new bolthole, which was off the beaten track and in the name of one of Kris's friends.'

'Khloé had moved on and had seen other men since splitting with Lamar, most recently basketball star James Harden. But she was always honest about her feelings towards her ex.'

HE WAS BEGGING HER TO TAKE HIM BACK



"My bedroom's
my backstage.
Life's my
runway."



NEW RUNWAY COLLECTION CREATION HAIRSPRAYS

A salon-quality collection
created by experts for
invisible, workable hold.

Get inspired: youtube.com/TRESemmeUK

TRESemmé

PROFESSIONALS. AT YOUR FINGERTIPS.

Khloé & Lamar: A love story

It was a bond that neither of them could break

Despite a rocky first meeting, the pair were soon inseparable



27 AUGUST 2009

Boy meets girl

Khloé met Lamar at Ron Artest's Welcome To LA party. But Cupid's arrow went on a bit of a detour as she told presenter Ryan Seacrest: 'I didn't like Lamar. I hated him. Ugh, you're a basketball player, you're typical, you're annoying.' Despite that, a few days later on 3 September, sister Kim revealed the pair had gone on a date at STK in Beverly Hills and said: 'They're very, very happy... Khloé thinks he's amazing.'



Lamar surprised her with a vow renewal ceremony on their first anniversary

With her hubby and stepchildren Lamar Jr and Destiny



They wed a few weeks later...



...and underwent fertility treatment six months after the marriage



27 SEPTEMBER 2009

Mr & Mrs Odom

Just 18 days after their first date, a loved-up Khloé announced she was set to become Mrs Odom after Lamar popped the question with a huge nine-carat diamond ring, in front of her family. Five days later, Khloé walked down the aisle in front of 250 guests.

Six months into their marriage, Khloé revealed: 'I'm not desperate to have a baby. Do I want children? Yes. But I'm very happy being just Lamar and I.' But the couple struggled to conceive and Khloé underwent fertility treatment.

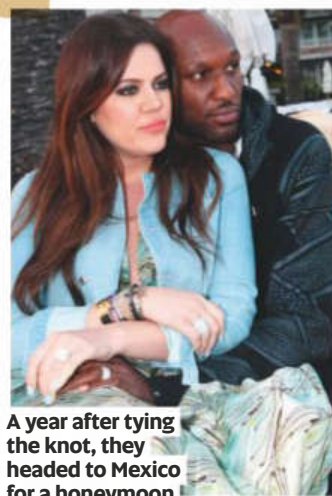


The happy couple with the bridesmaids, from left: Kendall, Kim, Kylie and Kourtney

27 SEPTEMBER 2010

So in love

The couple celebrated their first wedding anniversary by renewing their vows, their busy schedules meaning they hadn't even managed to get away on honeymoon until summer 2010. Khloé was regularly pictured with Lamar's children from a previous relationship Destiny, 17, and Lamar Jr, 13, and was always courtside during her husband's NBA games.



A year after tying the knot, they headed to Mexico for a honeymoon

TURN FOR MORE

Nail the look with
Shock Wave and Pink Tank
uk.sallyhansen.com

© 2015 COTY US LLC

NEW
2X
VOLUME
TOP COAT



OMGel!™

GEL WITHOUT THE LIGHT!

NEW MIRACLE GEL™

2 Steps • Up to 14 Days of Colour and Shine • Easy Removal
The next best thing to a salon gel mani!

Sally Hansen®

Pretty
Piggy

B Girl

Shock
Wave

Birthday
Suit

Street
Flair

Pink
Cadillaquer

Tidal
Wave

Red
Eye

Wine
Stock

Game of
Chrones

Pink
Tank



Allegations of cheating started to emerge in July 2013



11 DECEMBER 2013

Separation & divorce

In early 2013, cracks were starting to appear in their marriage. Khloé was increasingly concerned by Lamar's partying and in July, cheating allegations started to emerge.

A month later, Khloé

was pictured without her wedding ring amid rumours about Lamar's drug abuse and infidelity. On 11 December, she filed for divorce after a video was released of Lamar admitting he'd cheated.



Lamar had been trying to get his life together in recent months

Khloé turned to self-help books for support



JULY 2015

Not the end?

Despite their separation and Lamar's struggle with drink and drugs, two years on from their split neither of them seemed to have given up on the relationship completely. Khloé gushed in an interview with Complex magazine that she would never move on from Lamar. 'He's genuinely one of the best people I've ever met and everyone says that when they meet him,' she said. 'I think Lamar's gonna always be that person but that's what made it so special. Oh my God, I miss him every day. I miss what we had. I like looking back and holding on to that stuff.' Lamar was still referring to Khloé as his 'wife' as recently as August this year.



She revealed in a magazine interview that she still held a flame for her ex

OCTOBER 2015

Moving on...

Just moments before she heard the devastating news of Lamar's collapse, Khloé Tweeted an image of a pile of self-help books she's currently reading, including Robert Drake's Black Butterfly, about dealing with loss. Our source tells us that over the past year Khloé's been attending Al-Anon, a support group for families of drink and drug abusers. It seems she felt the only way Lamar could stand a chance of becoming the man she wanted him to be was if she shocked him into getting help.



THE
STRICTLY
INTERVIEW

PETER ANDRE

‘Strictly? One bad week and I’ll go’

Pete tells Now’s Amy Brookbanks why he’s saying no to fake tans, the Strictly curse and dancing to Mysterious Girl

He’s been wowing us on Strictly Come Dancing, but as he shakes those snake hips and smiles to the camera, we can’t help but worry: behind the scenes, is Peter Andre taking it all a bit too far? As the competition gets fiercer, 11st Pete’s been forced to deny he ‘forgets to eat,’

despite admitting that he’s already lost half a stone.

And his ex-wife Katie Price has piled on even more pressure with this statement in a recent interview: ‘I think Peter will be brilliant because he’s a great dancer and he’ll want everyone to see that. I’d tell anyone to put a bet on him because I think he’s going to win it.’

Today Pete, who’s taking it all in his stride, is going to have his say to anyone who suggests he’s got it in the bag. ‘I have to work really hard. I’m 42! I can’t compete with 20-year-olds,’ he tells us.

With a new album, UK tour, secret TV show *and* Strictly in his jam-packed diary, Pete’s one of the busiest men in showbiz. Time to get everything off his rippled chest...

A man with dark hair and a light beard, wearing a white suit jacket with the top button undone, stands in front of a background of green bamboo stalks. He is looking directly at the camera with a slight smile. His hands are clasped in front of him, near his waist.

**'I haven't
got Strictly
in the bag'**

Hi Pete! How's Strictly going?

You're doing so well!

Thank you! The competition is on – but in a good way.

It's definitely your moment – do you feel slightly overwhelmed?

Yeah! Absolutely. It's all a bit... wow! It's been such an amazing feeling. I've always wanted to do Strictly but it just felt like the time was right this year.

Would you say 2015's been your best year yet?

It's definitely shaping up to be a great one. Earlier this year I Tweeted: 'Oh my gosh, Claire [Powell, Peter's manager] has just got off the phone and told me all these great things that are going to be happening,' and this was what it was. My new record deal with Warner's, Strictly and a new secret TV show we're working on.

Have there been any tough moments so far on Strictly?

Definitely the rehearsals. Some of the celebs in the competition have been to dance school – I haven't. I'm not a trained dancer. I've obviously performed on stage, but I'm self-taught so the kind of dancing I've done is a different world. I don't know how to stand or do things properly, so that's tough. I might get the moves but my posture may be wrong. I've been walking on my heels for 40 years and now I need to walk on my toes, so that's hard. You're almost learning to walk again. But I do like it and what I'm learning is invaluable, that's for sure.

You're already one of the standout stars but what do you say to people who think you've already got the winner's glitterball in the bag?

Well, I definitely haven't got it in the bag! In all fairness I haven't had the highest score, even though I hope I bring performance to the show, but I'm up against people who've been to dance school and learnt the technicality of dance. I've got to work really hard to try to compete with them. I'm loving it and I'm buzzing and I hope the judges will continue to be kind to

TURN FOR MORE ➡➡



TONI & GUY

CREATE YOUR **LOOK** FROM THE **HAIR** DOWN

Daisy wears **3D Volumiser** for voluptuous body and shine.

AVAILABLE IN A
STORE NEAR YOU



Sharing a laugh with Junior and Princess, his children with Katie Price

me, cos they have been so far. Every week someone's going to go – you could be good every week but one bad week and I'll leave!

That must be a lot of pressure...
It's not nice. It's a lot of pressure because you don't want anyone to go and you never know who it's going to be. Even if the judges are nice the audience might think: 'No, I didn't like it.'

Are you worried people will start to get even more competitive?

I haven't seen any of that yet. Everyone's hanging out and we've all become good friends, but you're right, times might change. From what I've seen so far, everything's been great. I'm the one who tells all the bad jokes – Ainsley Harriott really appreciates those!

Former Strictly professional James Jordan's been very outspoken already [he Tweeted

on week one: 'I love Peter but I wonder if he will open or close every show? Fairness']. Are you sensitive to criticism?

No. I used to be but someone once said to me: 'You can't be in this industry if you're not thick-skinned.' And my dad told me: 'Elvis Presley was the biggest star in the world and there were people who didn't like him.' And that was Elvis! I mean, I'm nobody but you can't expect to be everyone's cup of tea because you're never going to be. The minute you understand that, you realise there'll be some people who say bad things about you.

What about what James said about you?

I get on really well with James Jordan and I love his wife Ola to bits, so I don't take it personally at all. Ola and Iwan Thomas were the first ones out of the competition, so of course it's going to be really difficult for James. I Tweeted him back saying how happy I was to be doing this and I didn't take it

personally. I was gutted when Iwan left – he brought a lot of fun to the show. People don't know this but he had a bit of an injury earlier that day and had to lie down with ice put on him. Then he got up and gave it his all, but he didn't stay in and I think that really hurt his feelings.

As the man who brought the six-pack to the UK, we're wondering when you'll dance topless?

It's coming! I just want a few more weeks to get rid of any excess nerves... Also I want to trim up a bit more, as word in the camp is that Jeremy Vine has the ultimate six-pack! I always said Iwan would do it first and he did. I think Jeremy will take his off next and if I'm still there, it'll definitely happen because it's been 20-odd years since I took the old shirt off on screen!

Saving the best 'til last, then?
I'd have to work out pretty hard for it, I reckon. Imagine if they surprised me and said: 'Oh, this week is Caribbean week and we want you to do a reggae song and we're thinking Mysterious Girl with a bit of a waterfall...

Would you do it?

It'd be devastating! [Laughs] I'd hope it would never happen but if it does I'll just have to go with it.

And obviously this is ridiculous and it won't happen to you and your wife [Emily MacDonagh, 25], but the Strictly curse...

[Interrupts] I don't actually think it exists. I think if people go in with the intention of having a bit of fun, they're going to. If you know you'd never do that sort of thing, it isn't going to happen. It's just an opportunity for people who want to get it on to get it on. I'm too in love to even think of things like that.

TURN FOR MORE ➡

Pete gets made up as Pirates Of The Caribbean's Jack Sparrow



find the latest
fragrances at your
local store

Get 4 points per £1



If you find a better price on any
new fragrance we promise to refund
the difference.

Order at boots.com or in store
today by 8pm and collect free
in store from 12pm tomorrow.

Discover
our unique beauty gift collection



let's feel good

If you purchase a new fragrance from Boots or boots.com and find it cheaper at any other high street retailer within 72 hours we will refund the difference. We cannot price match at point of sale and you will need to prove our competitors lower price by means of photograph of price ticket or press advertisement. Offer excludes online retailers and gift sets. "New" is any fragrance launched in the UK and ROI between 22 July 2015 and 15 October 2015. For further details please visit boots.com/pricepromise. Ends 24 December 2015. For full terms and conditions about the order and collect service please see www.boots.com/ordertodaycollecttomorrow. Geographical exclusions apply.

So what's Emily's approach to it all?

She's awesome. Emily's not a jealous person – she's absolutely not like that at all. We don't talk about things like that and it would never even enter her head.

You've lost a lot of weight already and have said you're not concerned, but you're only 11st – that's very light for a man...

Yeah, it is. It is... Look, when I came home last night Ems had made me this unbelievable steak with a cream and mushroom sauce and rice and veggies. I went to town and had two plates of that and she made some little carrot cake cupcakes and I ate two of those! When I'm hungry I will eat, believe me. But then when I'm not hungry I won't. I want to be light on my feet – I don't want to be really heavy. I'm eating well – better than I was before, put it that way.

Has anyone said: 'You can't eat this and you must eat that?'

No. They've never said anything like that. They just say to focus on the dancing and do what you want.

As such a pro, you're putting your all into this. Wouldn't you like to achieve a dancer's body?

It's funny you say that – my professional partner Janette Manrara said to me while we were rehearsing: 'I keep forgetting you're 42 years old!' I was like: 'Yeah, I know I'm not 20 any more!' I'm not an athlete. On the night, this energy just comes from nowhere. I guess it's adrenaline.

So would you like to get leaner?

I feel good the way I am, but do I really want to go that hard and watch what I eat? I don't know if I want to, to be honest. That takes the fun out of it. I'll focus when



The busy star enjoys time with wife Emily and their daughter Amelia

I'm in rehearsal but when I come home I just want to chill on the sofa with Ems and eat choccies. Strictly's a great bubble and it's all a lot of fun, but it only lasts for a short time so I'm not going to get too caught up in everything. I focus hard in rehearsals but when I come home I take a chill pill. I call Janette's fiancé [fellow pro dancer Aljaz Skorjanec] a young Robert De Niro – he's doing the things I used to do. Every hour he'll drop down and do push-ups and sit-ups and I did that when I was in my twenties – but now? I don't think so! I was pretty full-on then. I'd tan all the time and work out three or four times a day, but I'm different now. I'm much more relaxed.

So you must be excited about the infamous Strictly fake tans?

I haven't done it yet and I really don't think I will as I'm Greek and Janette's Cuban, so it's going to be pretty obvious if we have one! If there ever comes a day I'm getting my top off or my body out, then I'll probably want to make myself look as good as possible so maybe, but at the moment I'm staying away from the spray tan. Then again, I've never Cuban heels before and I'm wearing them

now, so things change! And I'm trying on Spandex and the last time I did that was in the 1980s dancing to Milli Vanilli [laughs].

Talking of music, tell us about your new album...

I've been going in a bit of a different direction for a while but I've been given the chance to do an album using a 30-piece orchestra. It's been great to sing old Rat Pack hits, but I've also got three or four originals on there too.

Pete's album *Come Fly With Me* is out now



Pete channels Frank Sinatra on his new album

Photos: David Verini, Rex

Pete's changing hair

Jamie Dornan revealed on Gogglebox that he prefers Pete's hair in Mysterious Girl, but what's your favourite look?





Two free pairs of kids' glasses

Including SuperTough lenses + UV filter

specsavers.co.uk

Specsavers

Cannot be used with other offers. Under-16s only. Both pairs from kids' £64 and teens' £85 ranges. Primary pair: Funded by valid under-16s' NHS optical voucher. Second pair: Provided at no charge by Specsavers. Both pairs come with single vision SuperTough lenses free, or customer can choose tinted prescription lenses and UV filter free in their second pair. Extra Options available at an additional charge on both pairs. Offer available in UK only. ©2015 Specsavers. All rights reserved.

CHERYL FERNANDEZ-VERSINI

X Factor judge Cheryl's dramatically skinnier appearance has been the subject of much discussion. So much so that the 5ft 3in Geordie singer recently hit out at online trolls who called her a 'bag of bones', insisting: 'No, I'm not anorexic.'

The 32-year-old added: 'People are so quick to judge without thinking: "Is there a reason why this person might be like that?" Right now I feel we're facing a lot of body issues in general – girls expected to have big booties, girls with thin legs – and it's impossible. It needs to slow down or stop. It's highlighting body insecurities and it's not right.'

'I work 12 to 14 hours a day. I don't even have time at the moment to exercise – and I don't need to either. It's nice that people are concerned, but honestly there's no cause for concern. You can see I'm completely and utterly well and happy.'

Cheryl's now throwing herself into X Factor filming and she's said to be 'eating lots' backstage on the show. 'The X Factor's giving Cheryl her spark back,' says a source.

TURN FOR MORE ➔



WEIGHT BEFORE:
'I was 9st 7lb in Girls Aloud'

WEIGHT NOW:
8st 4lb

There's been a rise in 'fat shaming' recently – and now celebs deemed too skinny are also being subjected to vile comments. But while trolls should be put in their place, a skinny frame, protruding shoulder blades and collarbones and sinewy arms can represent a health risk. Many people are naturally slim, tending not to gain weight in spite of a healthy appetite, and for them looking skinny isn't an issue. But Dr Rob Hicks warns: 'Extreme dieting and excessive exercising can lead to a range of physical and emotional problems.'

The new SKINNY EPIDEMIC

Now investigates if these worryingly skinny stars are damaging their health

*blended for
beautiful hair*



BLENDING FOR SMOOTH, SLEEK HAIR
INFUSED WITH ARGAN OIL & JASMINE EXTRACT

JAIME KING

Mum of two Jaime, 36, is the latest in a long line of slender celebrities who've fallen victim to 'skinny shaming' online. The *Hart Of Dixie* actress, who's 5ft 8in, admitted during the 90s to eating 'like a toddler', but recently said: 'People have made comments about how I'm too thin and need to eat a sandwich. People that are naturally thin like I am... I've always been this way. I've always eaten the way that I eat. I love hamburgers. I love cheeseburgers.'

'If you look at the photographs of me, the only time you'll see, like, a fluctuation in my weight was in my mid-twenties and that was when I had endometriosis and PCOS [polycystic ovary syndrome].'



**WEIGHT
BEFORE:
10st**



**WEIGHT
NOW:
9st 1lb**



SKINNY EPIDEMIC



**WEIGHT
BEFORE:
8st 7lb**

AMANDA SEYFRIED

It's not often a celebrity's so candid about the pressures of losing weight to succeed in Hollywood, but 5ft 3in *Mamma Mia!* actress Amanda, 29, spoke out recently on the subject. She admitted: 'I looked way better when I was 15. I had beautiful huge breasts and then I came to Hollywood and I was like: "I've got to lose weight. I've got to look thin and fit," and I lost them a little bit.'



**WEIGHT
NOW:
7st 7lb**





guaranteed to arrive before Santa

All our sofas are handmade to order, many in our own UK workshops. When you choose a DFS new season collection sofa our skilled craftspeople will get to work, making it in the fabric and finish of your choice. And if you order your sofa now it's guaranteed to be delivered in time for Christmas.

Logan 3 seater double recliner sofa **now £499.**

After event price £998. **Save £499.**

See more of the collection at dfs.co.uk



TEAM GB | OFFICIAL PARTNER



0%
APR
REPRESENTATIVE

Logan 3 seater double recliner sofa. 0% APR. Credit subject to acceptance. Credit is provided by external finance companies as determined by DFS. 4 years interest free credit from date of delivery. Delivery charges apply. After event price applies from 03.11.15 - see instore or online for details. 10 year guarantee applies to frames and frame springs on all sofas, chairs and footstools. DFS is a division of DFS Trading Ltd. Registered in England and Wales No 01735950. Redhouse Interchange, Doncaster, DN6 7NA.

SKINNY EPIDEMIC

HEIDI KLUM

For an international supermodel like Heidi, 42, the pressure to maintain the 'perfect' body is unsurprisingly intense. But over the years she's always had an enviable figure — until now. In recent pictures 5ft 9in Heidi has been looking bony, with her collarbone and shoulder blades protruding.

Speaking about her diet regime, Heidi says: 'The metabolism definitely changes when you turn 40. I always thought: "That's not going to happen to me," but it is happening to me. If I indulge more, I have to exercise more.'



WEIGHT BEFORE:
9st 7lb



WEIGHT NOW:
8st 2lb



WEIGHT BEFORE:
8st 7lb

WEIGHT NOW:
7st 5lb

TARA REID

Tara, 39, has become as famous for her dwindling frame as for her cosmetic surgery faux pas and has been forced to deny eating disorder rumours. The 5ft 5in star says: 'It's ridiculous. I'm fine with my body. I don't think it looks bad at all. That's my genetics — it's how I'm made.'

She insists: 'I eat, I eat, I eat, I eat. Some people eat too much and you yell at them: "They're fat." I'm just what I am. If you wanna get mad at me because I'm skinny, go ahead.'

A DOCTOR WARNS



Dr Rob Hicks (@DrRobHicks) advises that not supplying your body with the right nutrition can lead to a number of health risks...

OSTEOPOROSIS Not getting enough calcium can increase risk of brittle bones, even in young people.

EXTREME FATIGUE Iron deficiency results in tiredness and even fainting or shortness of breath.

PERIODS STOP Extreme exercise or dieting can cause periods to cease, which can lead to osteoporosis.

CARDIAC PROBLEMS In extreme cases, over-exercising raises the risk of irregular heart rhythms. Undereating can also cause the heart rate to slow.

DEPRESSION Lack of vitamins is likely to affect your mood, leaving you at risk of clinical depression. It can affect your ability to concentrate, which means you're more likely to suffer an accident.



VAUXHALL ADAM *Every one's an original*

Official Government Test Environmental Data. Fuel consumption figures mpg (litres/100km) and CO₂ emissions (g/km). ADAM SLAM 1.0i 115PS Direct
Car shown is ADAM SLAM 1.0i 115PS in Greenspotting metallic paint with White My Fire roof colour pack and 17" Hurricane alloy wheels in white.



Design your very own unique ADAM from a palette of 19 body colours, 7 roof and mirror colours and 25 alloy wheels. There's no end of combinations of exterior and interior accessories and trims, and hi-tech gizmos galore. **Go create at Vauxhall.co.uk/ADAM**



VAUXHALL

Injection Turbo: Urban: 44.8 (6.3), Extra-urban: 64.2 (4.4), Combined: 55.4 (5.1). CO₂ emissions: 119g/km.

Shadow Monsters.



Flynn Coach Lantern

£29.⁹⁹

Light up your room and the child within you. Create a warm, cosy atmosphere (and a crocodile, and a witch and a rabbit) during the dark winter evenings.

25%
OFF

30
DAYS



Available at



A HANDY 25% OFF
14th – 27th October.
Was £39.99.

MONEY BACK GUARANTEE
In case you're scared
of the monsters.

A TIMELESS CLASSIC
Designed for
today's home.





GEORGIA AND
HER EX BEN

EXCLUSIVE!

HARRY, HIS NEW GIRL

and her secret boyfriend

The One Direction star's 'date' with a New York model was news to her very recent ex-boyfriend Ben

Pictures of Harry Styles enjoying a cosy game of Scrabble in his dressing gown with New Zealand-born model Georgia Fowler seem to suggest the One Direction star has a new lady in his life. Georgia, 23, uploaded the sneaky Snapchat last Wednesday before quickly deleting her posts. But things might not be as happy in Harry's love life as they seem.

Over in New York, Georgia's ex Ben Mills, who dated her for 18 months, was shocked to hear about her intimate date with

Harry, 21, when Now called to break the news to him. 'I don't know where this is coming from,' said a confused Ben, who was obviously unaware of Georgia's famous 'friend'. 'I've just seen the articles online,' he added, before ending the call.

However, a source close to the model – who is, ironically, good mates with Harry's last known girlfriend, model Nadine Leopold, who he split from in March – has revealed Georgia specifically targeted the 1D singer. 'She directly contacted Harry's management asking to meet him and didn't tell anyone she was flying over to London. All it took was an email,' says the source. 'It's sickening – she only

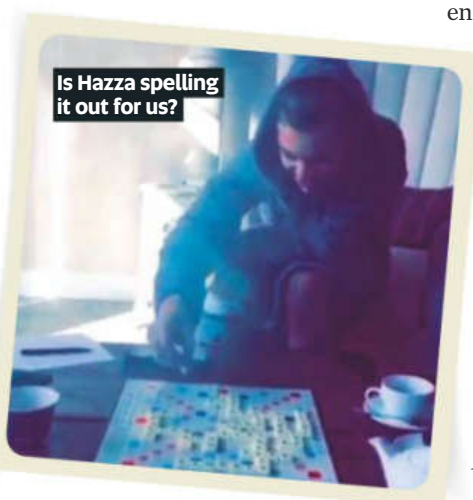
broke things off with her boyfriend a few weeks ago.'

When asked if Georgia meant to publicly share the pictures of their Scrabble tryst that quickly went viral, our source claimed: 'Harry was completely unaware

that she'd even taken the snap.'

Shortly after our conversation with Ben, he posted a cryptic message on his Facebook page that read: 'Fame is a vapour, popularity an accident and riches take wings. Only one thing endures and that is character.'

Georgia and Ben had recently cut all ties with each other on social media, but loved-up shots of them enjoying cuddles and holidays together still remain on his Instagram feed. Judging by Ben's shocked reaction to the news, it's clear he wasn't expecting his ex-girlfriend to have moved on so quickly. As Now went to press, neither Harry nor Georgia had commented on the status of their relationship.



SAVE UP TO £350 ON SELECTED 4K ULTRA HD TVs

SPREAD THE COST, INTEREST FREE



Free Standard Delivery | Free Returns

Littlewoods.com

Offer ends 06/11/15

Representative Example: 0% APR representative (annual interest rate 0% fixed). Typical credit limit £750. The actual credit limit offered will depend on your credit status. This running credit account provides a range of interest free & interest bearing terms. An advance payment may be required with some orders placed on the account.

Credit provided, subject to status by Shop Direct Finance Company Limited. Aintree Innovation Centre, Park Lane, Netherton, Bootle, L30 1SL. Over 18s only. Authorised and regulated by the Financial Conduct Authority. Goods/services provided by Shop Direct Home Shopping Limited. First Floor, Skyways House, Speke Road, Liverpool, L70 1AB.

Victoria and David are said to be eyeing up this £5.4m country pile

To the manor born!

Recent sightings of David, 40, and Victoria Beckham, 41, in the Gloucestershire countryside have sparked speculation they plan to invest in another rural mansion to rival their Hertfordshire property Beckingham Palace, which they sold for £11.4m in 2014. Amberley House was built in 1640 and boasts six bedrooms, an infinity pool and a 22-acre estate. Their reps insist the couple haven't viewed it, but recent trips to the neighbouring villages of Nailsworth and Stroud suggest they could be considering a move to the area. Watch this (lavishly decorated) space!

Words: Louise Bennett. Photos: © Savills, PA



Is this the new **BECKINGHAM PALACE?**

The property has its own riding facilities and stables



The drawing room looks like a set from Downton Abbey



The spacious kitchen has plenty of room for a spice rack



The huge infinity pool seems to, er, go on forever



Guests can stay at the charming two-bedroom lodge



Underfloor heating after stepping out of the shower? Sorted



Any child would be beaming if this was their bedroom





BINKY FELSTEAD

Could this be the most perfect party dress? Just imagine the Instagram pics! Aaaaand spin...

DRESS
£32.99



LAUREN POPE

Lauren proves partywear doesn't have to be all dresses and diamanté. Add a cami if you're feeling prudish...

JACKET
£39.99
TROUSERS
£29.99



BILLIE FAIERS

This curve-hugging frock has made us wonder if Billie ever actually gave birth? She's one hot mama!

DRESS
£19.99



CHARLOTTE CROSBY

Be leg confident in a playsuit this party season. Even if you fall on your tush, your dignity will be spared!

PLAYSUIT
£32.99

All InTheStyle.com

FASHmob

IN THE STYLE

SPECIAL

4 red carpet looks for under £160

SHOWTIME SATURDAY

I'm chilled.

Stay on top with our tasty shakes.
Now with 30% less sugar.*



Works for me.

Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss.
*When compared to other fortified milk shake powders and branded milkshakes containing added sugar.

SAVE
46%

by switching to this
Lidl product



£1.99

£1.13/L

£3.75

£2.13/L

You said our cider was:

**As good as
the brand.***



#LidlSurprises



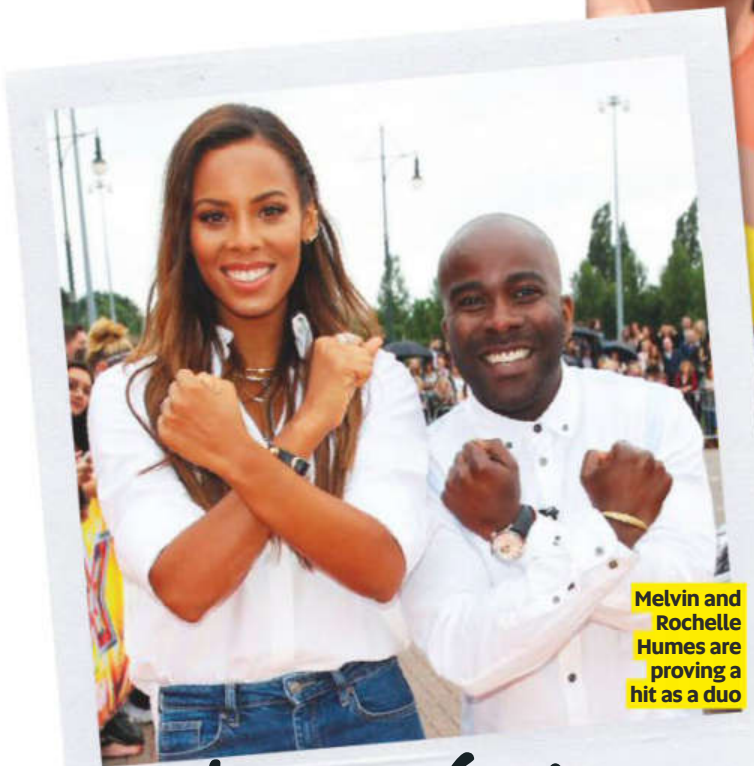
Based on lowest competitor prices on www.mysupermarket.co.uk and Lidl price on 12.10.2015. Prices correct at time of going to print.

*Based on independent testing conducted in April-July 2015, each product pair tested in excess of 400 times.

See www.shopalidlsmarter.co.uk for more details. Subject to availability.

Terms and conditions apply. Multibuy not included. Packaging, sizes & measurements may vary.

Woodgate Dry Amber Cider, 5.3% vol., 4x440ml, £1.99 (£1.13/L) vs Strongbow Original Cider, 5% vol., 4x440ml, £3.75 (£2.13/L).



Melvin and Rochelle Humes are proving a hit as a duo

Melvin Odoom: 'X Factor couldn't afford Rochelle and Rickie!'

Melvin on why he's doing The Xtra Factor *without* Kiss FM co-host Rickie

Hailed as the Ant and Dec of the airwaves, Rickie Haywood-Williams and Melvin Odoom have been building their career together ever since they met at Bedfordshire University over 15 years ago. Their Kiss FM breakfast show has earned them a loyal fanbase together with a mantelpiece of awards.

So when the duo auditioned together to present the new series of The Xtra Factor, it must have been a devastating blow to Rickie when Melvin, 35, was the only one to get the call, presenting alongside Rochelle Humes. And to make matters even

more awkward was the fact they were actually together when Melvin's phone rang!

'Rickie was with me when I got the phone call from my agent as we were filming in Regent's Park together,' Melvin tells us exclusively. 'As soon as I got off the phone, I told him. He gave me a hug and said: "You know what, Melv? I know you're going to go out there and smash it."'

Melvin insists his big TV break hasn't caused tension between the pair and that Rickie, 35, has been hugely supportive. 'He watches the show every week and when we first got the job he said to me and Roch: "I've got some

wicked ideas for you.'" In fact, we're going to try and get him on the show at some point, as long as he's free. If it was Rickie, I'd be the exact same. I'd be just as happy.'

So why did Simon Cowell choose Melvin and not Rickie? 'I

think they love the chemistry that Olly Murs and Caroline Flack had when they did it and were just looking for that same kind of spark,' says Melvin. 'In an ideal world they probably would have liked it to be me, Rickie and Roch, but I think Roch charged too much

so it had to be just two of us!'

As for Melvin breaking away from his BFF for good, he says that's out of the question. 'Rickie's my brother and there's no split. We just want the best for each other,' he insists. 'We come as a package and as long as I'm moving up, Rickie's moving up.' Aww!



Award-winners Rickie and Melvin

Compressed lasts
as long as a big can.

Try it and join
the 9 million women
who've chosen it.



It won't
let you down

NEED TO **know** NOW!

All the news, none of the snooze

Watch out, boys!

VICKY IS SINGLE & READY FOR THE JUNGLE

After splitting with her boyfriend of four months, *Ex On The Beach*'s Stephen Bear, former *Geordie Shore* star Vicky Pattison is set to appear on this year's *I'm A Celebrity – Get Me Out Of Here!* Vicky tells us she grew frustrated with her on-off romance with Stephen, 25, and that the way he acted with other women on the show put a strain on things.

'I wasn't sure how much more I could take,' says the 27-year-old. 'The girls chucking themselves at him [during his nightclub PAs] are f***ing welcome.'

Vicky's hoping to channel her heartache for others' benefit, saying: 'I want my stories to inspire and empower women. I want to give them confidence.' And with her latest book *A Christmas Kiss*, she

has quite a few tales to share. 'It's about a young girl, full of ambition, who wants to be a fashion designer – but the more successful she gets, the more her life becomes about D-list celebs and terrible relationships,' she says. Hmm, sounds familiar!

'Whatever I write, the female lead is always going to have a sense of me – but my bad relationships have done me no end of good,' Vicky says. 'You're meant to write about what you know. I don't pick the dicks – they pick me!'

I'm A Celebrity producers are hoping the svelte star, who's dropped from a size 16 to an 8 over the past two years, could re-create 'the Myleene effect'. But maybe now the outspoken star will find romance in the jungle too!

Kangaroo
kebab,
anyone?

Vicky's new novel *A Christmas Kiss* (Sphere, £7.49) is out on 22 October

TURN FOR MORE ➡



Clean the toughest food first time.



Removes grease*
from your filter.

*For limescale removal use Fairy dishwasher cleaner.



LOVES THE
IMPOSSIBLE

NEED TO
know
NOW!



Say cheese!

Brooklyn's a secret snapper



Becks Jr has been shooting his mum's latest collection

He's always clutching a camera and his Instagram feed is filled with arty shots – and the reason is that Brooklyn Beckham's hoping to be a professional photographer. He's studying photography at art school and the 16-year-old has been stepping up his career plans, even shadowing mum Victoria at her shoots. 'He's been photographed since he was born and he wants to be on the other side of the camera for a change,' our source tells us.

Fit flashback



MARK DARCY IS BACK

As filming continues around London for the movie *Bridget Jones's Baby*, we were overjoyed to see Colin Firth, 55, making an appearance. Yes, that means *Bridget's* long running love interest Mark Darcy is back!

The script is based on Helen Fielding's novel *Mad About The Boy*, in which Mark was killed off. Thankfully, the film's plot is said to be different, so fans can look forward to more awkward Christmas jumper action.



Boys on tour

A One Direction safari to spot this lot? From left: Harry, Liam, Niall and Louis

1D reunite... on holiday!

According to One Direction's Louis Tomlinson, it's not going to be all tears when the band take a break next year. Instead, they'll be carrying on touring... just in a different way.

Louis, 23, told *Good Morning Britain* last week: 'There's no

doubt we'll still see plenty of each other. We're gonna plan to go on a little lads' holiday together. Actually it's just the day-to-day things – we're like a family now. It's like leaving school and leaving your friends behind.' Aww.



X Fracture CAROLINE BREAKS HER ARM

The *X Factor* was meant to be Caroline Flack's big break, but now she's had an even bigger one! Caz, 35, posted a pic on Instagram last week of her twisted arm, captioned: 'Shout out my broken arm. NO JOKE.'

She got the injury while staying at the Soho Farmhouse in Oxfordshire with friends. 'She rode her bike in the pitch black and unfortunately managed to fall off it,' says a source. 'She was in so much pain that she fainted and was taken to hospital the next day.'



Better get a snazzy sling to present the live shows, Flackers!

She's lost 3st with help from Juice Master Jason Vale's plan. Here, Jason reveals how Gemma did it

The Gemma Collins 7-day JUICE DIET

After years of yo-yoing from a size 22 to a 14 and back again, Gemma Collins has finally beaten her diet demons, dropping two dress sizes with help from Juice Master Jason Vale. It came about after a chance meeting with Britain's Got Talent judge Alesha Dixon, who recommended the plan to Gemma, 34, telling her: 'You've got to go and see my man!' And it ended up being the best thing Gemma's ever done. She tells us: 'Jason really is marvellous. I'm the happiest and healthiest I've ever been. I love it.'

Jason, who spent four weeks with Gemma at his Juicy Oasis retreat in Portugal, exclusively speaks to Now about Gemma's incredible physical and mental transformation. 'It takes focus and it's tough, but Gemma really liked the juices,' says Jason. 'After a few weeks she was itching to get home to use her teeth and eat some food but instead of a burger she wanted an avocado salad – that's the difference. We shifted her thoughts from this "diet" mentality and now she makes healthy choices herself.'

Although Gemma juiced for four weeks, Jason advises a three- to seven-day plan to change your focus and help end psychological addiction to food. 'Four weeks is a long time and we wouldn't recommend that for most people,' says Jason, who's

devised a new plan for Gemma to maintain her weight loss while incorporating a juice a day into her new lifestyle.

'Gemma's smart and she knows she can't live on juice alone, so now she has a juice in the morning, then eats lunch and has soup in the evening,' Jason reveals. 'If she wants a treat, she can have one as long as she's being healthy for the rest of the time. She's doing fantastically well because she knows nothing tastes as good as looking good feels – it's as simple as that.' Read on for Jason's seven-day juicing plan...

'IT'S THE BEST THING I'VE EVER DONE!'



With thanks to Juice Master Jason Vale.
Jason's book *The 5:2 Juice Diet* is
available now (£12.99, juicemaster.com)





Here's your 7-day juice plan:

Prepare your juices fresh and drink within 12 hours, keeping them refrigerated, or freeze them. You'll need a juicer (eg Jason Vale's Fusion Juicer, £79.99) and a blender (eg Philips HR2020 Blender, £35).

Day 1

09:00

GINGER SHOT

- 2cm slice ginger
- 1 apple (Golden Delicious or Gala)

Juice the ingredients and knock back in one!



10:00

PROTEIN-RICH POWERHOUSE

- 1 apple (Golden Delicious or Gala)
- 1 large handful spinach
- ¼ medium pineapple, peeled
- ¼ medium cucumber
- 1 lime, peeled
- 3cm broccoli stem
- 6 pods fresh peas
- ½ medium avocado
- 1 heaped tsp hemp protein powder *

- 1tbsp mixed seeds *
- 3 ice cubes

Juice the apples, spinach, pineapple, cucumber, lime, broccoli and peas. Pour the juice into the blender and blend with the avocado flesh, hemp powder, seeds and ice.

*Available from most health food stores

13:00

16:00

(TWICE IN ONE DAY)

BREATH OF FRESH AIR

- 1 large orange, peeled
- 2 medium carrots
- 1 small bulb raw beetroot
- Large handful fresh mint
- 2cm slice ginger
- 3 ice cubes

Juice all the fruits and veg, then either pour into the blender with ice and blend or simply add ice to a glass and pour over.



19:00

Then another Protein-Rich Powerhouse

TURN FOR MORE ➡

NEW IN PHARMACY



SEX HASN'T CHANGED

But your choice of
morning-after pill has

ellaOne[®]
30 mg tablet / ulipristal acetate

effective when it matters most

The most effective morning-after
pill. Works by delaying ovulation.
Now available in pharmacies.



ellaOne is an emergency contraceptive pill. Take one tablet as soon as possible after unprotected sex or contraceptive failure. Always read the label UK/ELLA/0415/0046

Day 2

09:00

NATURAL ELECTROLYTE SODIUM SHOT

- ¼ medium cucumber
- 1 stick celery

Juice the ingredients and knock back in one!



- 2 sticks celery
- 1 large carrot
- 1 medium bulb raw beetroot
- ¼ lemon, rind on, wax free
- ½ medium banana
- ½ medium ripe avocado
- 1 heaped tsp hemp protein powder*
- 3 ice cubes

Juice the apple, pineapple, celery, carrot, beetroot and lemon. Pour the juice into the blender, add the banana, avocado flesh, hemp protein powder and ice and blend until smooth.

*Available from most health food stores

13:00

16:00

(TWICE IN ONE DAY)

CHLOROPHYLL CLEANSER

- 1 apple (Golden Delicious or Gala)
- 1 pear (any hard variety)
- ¼ medium cucumber
- ½ lime, rind on
- 1 stalk celery
- 1 large handful spinach
- 3cm broccoli stem

- 1 large handful kale
- 3 ice cubes

Juice all the fruits and veg, then either pour into the blender with ice and blend or simply add ice to a glass and pour over.

19:00

Then another Pure Raw Energy Smoothie

10:00

PURE RAW ENERGY SMOOTHIE

- 1 apple (Golden Delicious or Gala)
- ¼ medium pineapple, peeled

Day 3

09:00

GINGER SHOT

- 2cm slice ginger
- 1 apple (Golden Delicious or Gala)

Juice the ingredients and knock back in one!

10:00

SWEET 'N' SMOOTH VEGGIE BLEND SMOOTHIE

- 2 apples (Golden Delicious or Gala)
- 1 handful spinach
- ¼ medium courgette/zucchini, hard ends removed
- 1 lime, peeled
- ½ stalk celery
- ¼ medium cucumber
- 3cm broccoli stem
- ½ medium parsnip



- ½ medium ripe avocado
- 3 ice cubes

Juice the apples, spinach, courgette/zucchini, lime,

celery, cucumber, broccoli and parsnip. Pour the juice in a blender, add the ice and avocado flesh and blend until smooth.

13:00

16:00

(TWICE IN ONE DAY)

DIGESTIVE AID

- 2 apples (Golden Delicious or Gala)
- 2 large carrots, hard ends removed
- 1 stick celery
- 3cm fennel
- 2cm slice ginger
- 3 ice cubes

Juice all the fruits and veg,

then either pour the juice into the blender with ice and blend or simply add ice to a glass and pour over.



19:00

Then another Sweet 'n' Smooth Veggie Blend Smoothie

Now you can

have sensitive tooth care **and** whiter teeth.*



Sensodyne True White cares for sensitive teeth and is 10x less abrasive than many everyday whitening toothpastes.

*with twice daily brushing

SENSODYNE and the rings device are registered trade marks of the GSK group of companies.

Day 4

09 00

NATURAL ELECTROLYTE SODIUM SHOT

- ¼ medium cucumber
- 1 stick celery

Juice the ingredients and knock back in one!



10 00

ANTIOXIDANT KING

- ¼ medium pineapple, peeled
- 1 apple (Golden Delicious or Gala)
- 1 large handful spinach
- 1 small bulb raw beetroot
- 1 handful mixed berries
- ½ banana

- 3 ice cubes

Juice the pineapple, apple, spinach and beetroot. Add the berries, banana and ice (optional) to the blender and blend everything until smooth.

13 00

16 00

(TWICE IN ONE DAY)

MINERAL MEDICINE

- 2 apples (Golden Delicious or Gala)
- 3cm broccoli stem
- 1 stick celery
- ¼ medium cucumber
- 2cm slice ginger

- 1 spear asparagus
- 1 medium parsnip
- 3 ice cubes

Juice all the fruits and veg, then blend with ice.

19 00

Then another Antioxidant King

Day 5

09 00

GINGER SHOT

- 2cm slice ginger
- 1 apple (Golden Delicious or Gala)

Juice the ingredients and knock back in one!

10 00

ANTI-ILLNESS GREEN BLEND

- ¼ medium pineapple, peeled
- 1 pear (any hard variety)
- 1 lime, peeled
- 2cm slice ginger
- ¼ medium cucumber
- ½ stick celery
- Cauliflower floret (roughly the size of a lime)
- ½ medium ripe avocado
- 3 ice cubes

celery and cauliflower. Add the avocado flesh and ice to a blender, pour in the juice and blend until smooth.



Juice the pineapple, pear, lime, ginger, cucumber,

13 00

16 00

(TWICE IN ONE DAY)

RAINBOW REMEDY

- 2 apples (Golden Delicious or Gala)
- 1 medium carrot
- 1 stick celery
- ¼ medium cucumber
- 1 medium bulb raw beetroot
- 1 small handful red cabbage
- 1 medium tomato
- 2cm slice ginger
- ¼ lemon, rind on, wax free
- 3 ice cubes



Juice all the fruits and vegetables, then either pour the extracted juice into the

blender with ice and blend or simply add ice to a glass and pour over.

19 00

Then another Anti-Illness Green Blend



Fully loaded SIM



1GB data	500 750 minutes	5000 texts	18 month contract
--------------------	---------------------------	----------------------	-----------------------------

0800 731 2915

Tesco Phone Shops | tescomobile.com



Promotion available until 1st Nov. Subject to availability, 18 month contract and unlocked 4G enabled phone required. 4G subject to coverage. Included minutes / texts are to calls / texts to 01, 02, 03 and UK mobile numbers only. Visit tescomobile.com for other call charges and T&Cs.

Day 6

09:00

NATURAL ELECTROLYTE SODIUM SHOT

- ¼ medium cucumber
- 1 stick celery

Juice the ingredients and knock back in one!

10:00

FIBRE OPTICS

- 1 medium carrot
- 2 apples (Golden Delicious or Gala)
- ½ medium cucumber
- 2cm slice ginger
- 1 pear (any hard variety)
- 4 basil leaves
- ¼ banana
- 3 ice cubes

Juice the carrot, apples, cucumber, ginger and three-quarters of the pear. Take the remaining quarter of the pear and cut into chunks. Add to the blender along with the extracted juice,

basil, banana and ice and blend for a full minute.



13:00

16:00

(TWICE IN ONE DAY)

THE DIURETIC ONE

DOES EXACTLY WHAT IT SAYS ON THE TIN!

- 1 medium pear
- ½ medium cucumber
- ½ lime, rind on
- 2 spears asparagus
- 1 stick celery
- 1 large handful spinach
- 3 ice cubes

Juice all the fruits and vegetables, then either pour the extracted juice into the blender with ice and blend until smooth or simply add ice to a glass and pour over.

19:00

TAHINI COCOA BEANEY

- 1 medium banana
- 1tsp raw cocoa powder**
- 1tsp tahini
- 1tsp manuka honey
- 500ml raw almond milk
- 2 ice cubes

Put the banana, raw cocoa, tahini, honey and ice (optional) in the blender. Pour in the raw almond milk



and blend until smooth.

****Or try Green & Black's Organic Cocoa Powder, £1.90**

Day 7

09:00

GINGER SHOT

- 2cm slice ginger
- 1 apple (Golden Delicious or Gala)

Juice the ingredients and knock back in one!

10:00

GREEN ZESTY SUPER SMOOTHIE

- 2 pears (any hard variety)
- ½ lime, rind on

- 1cm fennel
- ½ medium courgette/zucchini, hard ends removed
- 1 stick celery
- 1 large handful spinach
- ½ medium ripe avocado
- 3 ice cubes

Juice the pears, lime, fennel, courgette/zucchini, celery and spinach. Add the avocado flesh and ice to the blender, pour in the extracted juice and blend everything until smooth.



13:00

16:00

(TWICE IN ONE DAY)

ENERGY EXPLOSION

- ¼ medium pineapple, peeled
- 1 apple (Golden Delicious or Gala)
- 2 medium carrots
- 1 handful spinach
- 1 handful kale
- 3cm broccoli stem
- ¼ lemon, rind on, wax free

- 3 ice cubes

Juice all the fruits and vegetables, then either pour the juice into the blender with ice and blend or simply add ice to a glass and pour over.



19:00

FOR GOODNESS SHAKE

- 1 handful mixed berries (fresh or frozen)
- 1 medium banana
- 1 baby handful spinach
- 500ml raw almond milk
- 2 ice cubes

Put the berries, banana, spinach and ice (optional) in the blender. Pour in the raw almond milk up to the 500ml line and blend until smooth.

WARNING Always consult your doctor before starting this or any other weight loss programme

Now 49

The more they sing,
The more they dance,
The more they build,
The more they explore,
The more they do,
The more they need.



Between the ages of 12 and 18 months, toddlers start doing more. A lot more. That's why they need lots of support, a parent's love and a variety of foods. Just two beakers a day of Cow & Gate Growing-Up Milk can give them a helping hand, too. Because it's enriched with **Vitamin D** for normal bone development, **Calcium** and **Iron**.

Find out more at cowandgate.co.uk/products

Cow & Gate
Feed their
PERSONALITIES

Use Growing-Up Milk as part of a balanced diet.

Another
Now
exclusive

SIMON
LYNCH

JOSH
DANIEL

NOW INTRODUCES

THE X-FACTOR BOYS

CHE
CHESTERMAN

Naked pics,
secret
girlfriends and,
of course, Nick
Grimshaw. The
lads reveal all!

BEN
CLARK

SEANN
MILEY MOORE

It's the category everyone's talking about. Grimmy's boys have packed their bags for judges' houses – but not before a visit to see us! The five boys' excitement is palpable (Mason Noise was confirmed as the sixth as Now went to press – head to nowmagazine.co.uk for our interview with him). Time to meet them...

TURN FOR MORE ➡➡

MASON
NOISE

SEANN MILEY MOORE:

'I've been verbally and physically abused'

He's the 24-year-old cross-dresser with the voice of a diva and wardrobe of a Kardashian, but how's Aussie Seann settling into his new life in London?

Are your family missing you, Seann?

I cried as I left in July, but they know I was born for the stage. My mum's Google searching everything I'm up to. She'll be asking about me causing outrage by flashing too much flesh [laughs]! We share a lot of the same clothes – if she can get into a size 10!

When did you first start dressing so outrageously?

I think it was just a transition and one day I decided to walk out into the world as I wanted – and I felt fabulous in a skirt and women's clothes.

Have you always been so confident?

People praise me for being so comfortable in my own skin, but there was a time I was afraid. We all have our own insecurities, but this is my most authentic self. In my mind I'm not different; this is the new normal.

Ever had any negative reactions?

I've gone through verbal and physical abuse and people will still shout things as I walk down the street, but it doesn't faze me any more. I'm a proud gay man. Haters are gonna hate but they're usually the insecure ones. I just blow them a kiss. Hopefully I can be a voice of confidence.

Are you dating right now?

I've never been in love and never had a boyfriend; no one has ever understood me. I'm just focused on the show right now. Don't they say when you stop looking for love is when you find it?

How are you bonding with Nick?

[Laughs] Uhh, he's my mentor! It's on a professional basis at this point. Is he even gay? I think we're more like sisters, like Kim and Khloé Kardashian. I'd never heard of him before I came to the UK.

'I FEEL
FAB
IN A
SKIRT'

'I'D
RATHER
STAY IN
WITH A
MOVIE'

BEN CLARK:

'I want Rita and Cheryl!'

It's always the quiet ones... Shy, single and secretive; meeting Ben, 25, was our biggest surprise.

Hi Ben! Has anyone recognised you from the show yet?

Yeah, it's crazy – I'm just a normal guy. I don't really get why people want a picture with me, but it must mean I'm doing something right.

What was your life like before The X Factor?

I worked nights at a Premier Inn and that was literally it. I'd sleep throughout the day and then get up in the evening and go to work. It felt like I was hidden away while working that late on my own.

Are you a big party animal?

I'd rather stay in and watch a film... boring, ain't I? [Laughs] I don't really like drinking that much.

Do you have a girlfriend at the minute?

[Shrugs] No.

When was the last time you had one?

[Looks sad] A while back.

What happened?

Nothing... no, nothing. I don't want to talk about it, sorry.

OK then! If you made it to the final, who would you most like to duet with?

Rita Ora! She's amazing, pretty and really talented. Or Cheryl... imagine both of them? I'd love that!

TURN FOR MORE ➡

CHE CHESTERMAN:

'The X Factor won't split me and my girlfriend up'

Despite his nearest and dearest advising him against doing the show, 19-year-old Che tells us he isn't afraid of being a 'reject'.

Has your family been supportive of your X Factor journey so far?

Some of them told me not to do it! I don't think they wanted me to join the whole 'X Factor reject' thing if I didn't get far. But I'd just be happy with the exposure the show provides.

What's it like working with Nick Grimshaw?

He's so uplifting and just constantly happy. When you've got to do late nights and early mornings it's really good to have him around.

You and your girlfriend Megan Hanley seem very loved-up.

How did you two meet?

We met in the final year of music college and have been together since February. I don't do dates, so we'd just talk in class and text and then we started doing gigs together.

Is she a singer too?

Yeah, I think she'd go really far on The X Factor because she's so different, but she doesn't have the confidence. I don't know the reason why, but I want to help her build some. She's pure talent.

Are you worried that the show could put a bit of a strain on your relationship?

It would definitely test it, but we don't have any worries about splitting up. We've already spoken about it and discussed how much I'd be away if I make the live finals. We'll be fine.

'MY FAMILY TOLD ME NOT TO DO IT'

JOSH DANIEL:

'I've sent naked pictures!'

After dedicating his first audition to his best friend Tom Woolley, who tragically died in 2013, 21-year-old Josh reveals he's looking to the future...

Hi Josh! Did you expect Simon and Cheryl to cry during your first audition?

The song was so personal to me – I'd never sung it to anybody before. That subject was something I was very closed about, for obvious reasons. I've written a lot of music nobody has ever heard off the back of what happened.

After Tom died, how long was it before you felt able to put pen to paper?

For a long time I suffered bad depression and I wasn't sure how to deal with his death. I never spoke to anybody about it. I didn't want to turn to counselling or rely on antidepressants. I wanted to come through it on my own. I knew it would be hard – and it was hard – but I feel I've grown

as a person and I've come out the other side.

What does your tattoo mean?

When I was suffering with depression, my nana told me: 'God has a plan for everyone' – and strangely everything has clicked into place, which is why I got a hand with a puppet on my arm. It represents God carrying out his plan for me.

Do you have any secrets you're worried might come out?

I genuinely don't have any dirt for people to dish! I'm very open – I'm single, I haven't been with many people romantically who could sell stories, I rarely drink and I've never done drugs.

You sound squeaky clean! Have you ever sent a naked picture?

I can't lie – yeah, I have! It's one of those things when you're in a relationship. It's just what you do. I have nothing to be ashamed of so I'm not worried.

SIMON LYNCH:

'I'm proud of being gay'

From falling for Lorraine Kelly to scaring Denise Van Outen, 24-year-old Simon has already had a few showbiz encounters.

We've noticed you're getting a lot of love online – are you single right now?

Yeah, I'm just happy to focus on The X Factor. Although in the car on the way here I thought I saw my ex and I threw up a little in my mouth. I haven't spoken to him since January.

So you're gay?

I came out to my family and friends when I was 21 and two of my best mates threw me a coming out party and played the Diana Ross song I'm Coming Out as I walked through the door. I was like: 'Thanks... but this is kind of offensive.'

Do you think The X Factor is a lot more diverse these days?

Yes, all the boys are gay! [Laughs]

I'm just kidding. I used to be so worried what people would say or think – now I'm proud of who I am and not ashamed.

What's been the best part of everything so far?

Without sounding well cringe, meeting Lorraine Kelly. I love her.

Did you ever meet anyone famous before that?

I once scared Denise Van Outen outside Harrods, bless her. I bumped into her and shouted: 'OH MY GOD!' She looked a bit frightened and escorted her child away while I shouted: 'I'm sorry!'

Anyone else?

I once won a competition to perform at Elton John's aftershow party – but he never came. He didn't hang around after his concert and had a pizza delivered to the airport instead.

'IT'S ALL
CLICKED
INTO
PLACE'

MY TOP
MOMENT:
MEETING
LORRAINE
KELLY'

Words: Joshua Fox. Photos: Vincent Dolman. Styling: Trudie Le Marie at LHA. Grooming: Marcus Gurgel using MAC and VO5. Art direction: Karen Eckert. Che – first page: shirt, £12, Primark. T-shirt, £16.99, New Look. This page: jacket, £45, Burton. T-shirt, £16.99, New Look. Jeans, £10, Primark. Seann: bodysuit and belt, Sean's own. Skirt, stylist's own. Ben: shirt, £30, Topman. Jeans, Ben's own. Josh: jumper, £32, Next. Trousers, £19.99, H&M. Simon: blazer, £75, shirt, £30, both Topman. Jeans, £19.99, shoes, £24.99, both New Look. Socks, £12 for a pack, Next.

11 things you didn't know about

James Bond

4 Oscars, 55 lovers & 370 deaths!

Deadly villains, sex scenes and top secrets – for your eyes only

He's an orphan

James Bond creator Ian Fleming wrote the spy's obituary in his 1964 novel *You Only Live Twice*. In it, we learn James's Scottish father Andrew and Swiss mother Monique Delacroix both died when he was 11 in a mountain climbing accident. Following their deaths, Bond went to live with his aunt. Sounds a bit Harry Potteresque to us!

Most boring name ever?

The character was named after ornithologist Dr James Bond, who wrote a birdwatching book Ian was reading when he created his superspy in 1952. He chose the moniker because he wanted it to sound 'as mundane as possible'. Bond boring? Never!

The good, the bad and the Lazenby

There've been six official big screen Bonds, each with varying degrees

of popularity. While Sean Connery is many fans' favourite, George Lazenby's performance is often dubbed the worst. The Aussie model was originally signed for a seven-movie contract, but quit after 1969's *On Her Majesty's Secret Service* when his performance was labelled wooden. A shout out to Daniel Craig for *those* tiny swimming trunks and Timothy Dalton and Pierce Brosnan in their tuxes for making us come over all hot 'n' bothered.

00 stud

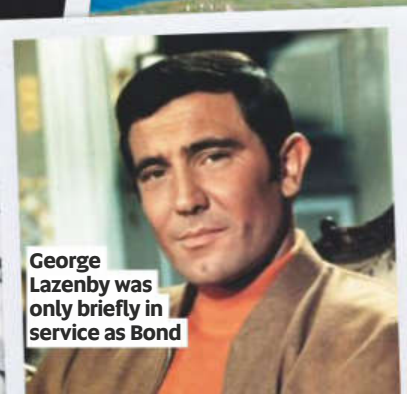
From *Dr No* to *Skyfall*, Bond has slept with a total of 55

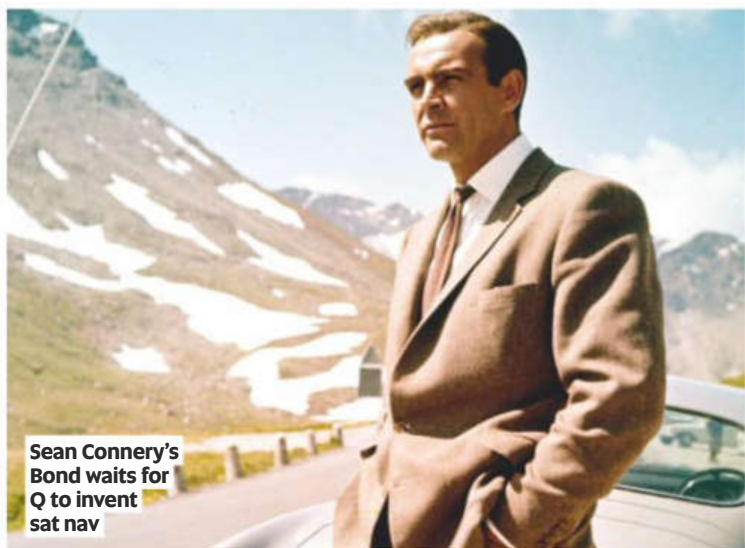
DANIEL CRAIG AND THOSE TRUNKS

James Bond's creator Ian Fleming



George Lazenby was only briefly in service as Bond





Sean Connery's Bond waits for Q to invent sat nav



Pierce Brosnan as James wonders how he can kill 0.8 of a person



Ursula Andress was the first Bond girl and is still a fan favourite



Get an eyeful of Adele's Oscar for Skyfall



'Insert your sexual innuendo here,' says Caterina Murino to Daniel Craig in Casino Royale

women. But it's not just his charm that gets them between the sheets/on the beach/in the space shuttle – three quarters of the ladies he's had sex with have tried to kill him, taking safe sex to a whole different level...

Everyone loves a Bond girl!

The often scantily clad Bond girls are responsible for some of the films' most iconic moments. From the oh-so-subtly named Pussy Galore, played by Honor Blackman, to Grace Jones's eccentric and androgynous May Day, each adds a massive dose of sex, danger and glamour. Topping polls as everyone's favourite is Ursula Andress, who played Honey

Ryder in the first film Dr No. Who can forget *that* bikini scene?

Jaws's sweet tooth

The franchise boasts some of the most sinister baddies of all time. Richard Kiel – a huge 7ft 2in – played Jaws in The Spy Who Loved Me and Moonraker, although not so petrifying is the fact he could only wear his metal teeth for 30 seconds at a time and the chain he bites through in The Spy Who Loved Me was made of liquorice!

The near misses

Cary Grant was offered the chance to become the first movie

Bond, but turned it down and it went to Sean Connery instead. Liam Neeson rejected the role in 1994, saying he didn't want to star in action movies, but later admitted it was because his wife-to-be Natasha Richardson said she wouldn't marry him if he became Bond. And spare a thought (and a bar of soap) for Robert Pattinson, who's been described as too scruffy to play the suave spy.

HIS NAME WAS MEANT TO BE DULL

Serial killer

Bond has killed a total of 370 people. Sean Connery's You Only Live Twice is the bloodiest film, with 196 deaths. The most deadly

Bond is Pierce Brosnan, who killed 135 people over his four films – an average of 33.8!

Adele bags Bond an Oscar

Despite being one of the world's most famous franchises, Bond had to wait an astonishing 47 years

between Oscars. In 2013, Adele scooped the Academy Award for Best Song with Skyfall and the film also picked up an Oscar for Best Sound Editing. Only two other Oscars had been won in the past – one for Goldfinger in 1965 (Best Sound Effects) and the other the following year for Thunderball (Best Special Visual Effects).

Gadgets galore

From explosive toothpaste and jetpacks to deadly prosthetic arms and man-eating couches, there's no gadget too ridiculous for technical wizard Q to invent for Bond. But a special mention to the, um, carphone in From Russia With Love...

Pearls of Bond wisdom...

When current Bond Daniel Craig was asked what advice he'd offer the next man to take on the role, his answer was simply: 'Don't be shit.'

Spectre is at cinemas nationwide from 26 October

Hollywood

The hottest news from over there is in here

Now



It's so busy people could get squashed

Mariah Carey and her daughter Monroe pose with a scarecrow



We're lost. Which way is north?

She's right next to you

Kourtney Kardashian with niece North and her eldest children Mason and Penelope



It's The Blair Which Pumpkin Project

Selma Blair and her son Arthur

Celebs hit the PUMPKIN PATCH

Halloween can't come too early for these stars, who've already made a

visit to the famous pumpkin patch in West Hollywood with their kids to select the perfect jack-o'-lantern for the big day...

Blake says she's still jam-packed with ideas



Blake pulls the plug on Preserve

Her 'Pinterest-perfect' life seems as stylish offscreen as it is on, so when Blake Lively set up lifestyle website Preserve last year to rival Gwyneth Paltrow's Goop, Vogue hailed it as a 'curious and free-spirited enterprise'. But after 14 months the actress has had to close the site down, admitting: 'I'm not going to continue to chase my

tail and put a product out there that we, as a team, aren't proud of.'

Preserve was Blake's plan to future-proof her career, but the 28-year-old, who has a 10-month-old daughter James with husband Ryan Reynolds, says: 'The only way I can prove all the negative reactions wrong is to come back with a plan that'll rock people. And I have that plan.' Ooh, exciting!

Carey's pregnancy cover-up

She might be an A-lister, but Carey Mulligan managed to keep her recent pregnancy almost completely under wraps. The 30-year old actress, who's married to *Mumford & Sons*' Marcus Mumford, never publicly confirmed her pregnancy, but her appearance on the red carpet in increasingly roomy dresses gave a bit of a clue.

However, it wasn't until she arrived at a screening of her new film *Suffragettes* last week without a trace of a baby bump that anyone realised she'd already given birth. She later confirmed the happy news, revealing she had a baby girl last month who's been named Evelyn. Congrats, Carey!



OCTOBER



JUNE

Mumford's the word!

The *Suffragette* star's post-baby look gets our vote



Has Kris got some exciting news?

Kris Jenner, 59, and her man Corey Gamble, 34, always look very happy – and it seems they may have decided to take things to the next level if the ring Corey's been seen wearing on his wedding finger is anything to go by.

Nicole's leg secret

She has legs that go on forever, so it's not surprising Nicole Kidman takes care of them – but she's a little obsessive about it. Sources say the 48-year-old not only has a moisturisation and exfoliation ritual, she also has weekly massages and laser treatments. And to combat cellulite she has an intense squat and lunge routine too.



Taylor's Insta whammy



In your face, Grumpy Cat!

The individual efforts of Kylie Jenner and Kim Kardashian have nothing on Taylor Swift. The singer's now amassed a whopping 50 million followers on Instagram, making her the post popular person on the social media site.

Modest as ever, Taylor, 25, has attributed her success to her pets Meredith (left) and Olivia, saying: '50 million followers!! Thanks so much guys. I'm pretty sure this is just because I have cute cats though.'



taylorswift
Taylor Swift Born in 1989. gmypro.co/TSPart1
741 posts 50.5m followers 78 following



Orly's not-so-secret admirer

US chat show host Chelsea Handler, 40, has reportedly set her sights on Orlando Bloom after meeting him at BFF Jennifer Aniston's wedding. Orlando, 38, was flattered by her texts and calls at first, but now she's reportedly become a superfan!



#WHAT'S

Freending

NOW

Cheat your way through the next seven days with Now's week in chic

CURVES SURGE

£29
CURVY
KATE

£16
CURVY
KATE

BRA-VO

Lingerie brand Curvy Kate has seen its J and K cups increase sales by a whopping 186 per cent since 2013. Wowzers.

BIG BOOBS
ARE IN!



MOST SEARCHED

THINK PINK

It's official: Barbie is 2015's biggest style icon. Gigi Hadid hit Jeremy Scott's spring/summer 2016 show in full-on Barbie Girl mode – and Google has reported searches for the blonde bombshell have risen by 400 per cent this year.



Gigi knows
life in plastic
is fantastic





JAMEELA JAMIL
Get her shoes for just £23!

CELEB FAVE

SHOE OFF

'Statement shoes are *everywhere* right now. I'm in love with Sophia Webster and Charlotte Olympia, but on the high street Office can't be beaten,' says Jameela Jamil.



DESIGNER DOUBLE!



- 1 £36
- 2 £70
- 3 £65
- 4 £65
- 5 £70
- 6 £55
- 7 £37

ALL OFFICE

MOST SHOPPED

TOP COAT

When Li-Lo stepped out in this tie-front coat by celeb fave Lavish Alice, a whopping 300 of the bad boys were sold in just one hour. That's quick clicking, ladies! Thankfully, LA has restocked and it's available once more.



MOST LIKES

A WHOLE NEW LOOK

When New Look posted this shot from its autumn campaign, Instagram went Insta-beserk. Receiving a whopping 11,659 likes (and counting), the burgundy knit and snake-effect skirt are set to be the coolest combo of the season. You heard it here first...



AS EFFECTIVE
AS A STEROID CREAM¹

BREAKTHROUGH
ECZEMA
TREATMENT

HYDRATES BETTER
THAN AN EMOLLIENT²

steroid
free



Unique formula.
Clinically proven relief of eczema symptoms.

9 out of 10 pharmacy professionals would recommend Dermalex Eczema³

Available at:

LloydsPharmacy

 Community
Pharmacy


day lewis
Pharmacy

+well


rowlands
pharmacy

Superdrug 


let's feel good

¹Average symptom improvement over 6 weeks, when compared to Hydrocortisone 1% in petrolatum-cetomacrogol and ²emollients containing unguentum leniens.

³Experience based survey of 93 pharmacy professionals, August 2015.

CELEB ♥S



OLIVIA PALERMO

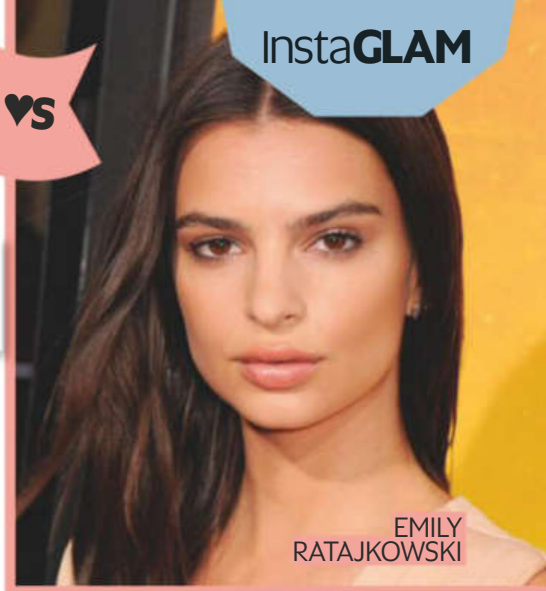
Olivia Palermo's eye palette is the stuff of dreams, promising four smoky matt eyeshadows and five shimmer shadows that double as 'wowie liner'. It's high pigment, long-lasting – Now HQ is smitten.

NEW IN

£35
OLIVIA PALERMO
X CLATE SMOKEY
SUEDES EYE
PALETTE



£14.50
URBAN DECAY
NAKED ULTRA
NOURISHING
LIP GLOSS IN
NAKED



EMILY
RATAJKOWSKI

Model and actress Emily Rata-ridiculously-hotski loves Urban Decay lip gloss. If it'll get us looking similarly hot, we're definitely in.

**#WHAT'S
Trending
NOW**

BEAUTY

bestsellers

The best buys driving the world berserk this week

**BLOGGER
♥S**



Fashion blogger @SarahAshcroft (381k followers) tells Now: "The Balm Mary-Lou Manizer is incredible. It diffuses light so your skin looks softer and younger while adding a subtle glow."

NEW IN

New from Elizabeth Arden's worth-selling-your-gran-for Ceramide collection comes this Replenishing Cleansing Oil. It dissolves even the most stubborn mascara, removes impurities and is surprisingly non-greasy. Oh, and it'll leave your cheeks feeling so silly soft, you'll probably ask everyone and anyone to stroke them, too.



£25
ELIZABETH
ARDEN
CERAMIDE
REPLENISHING
CLEANSING OIL

Five years in the making, Charlotte Tilbury's Mini Miracle Eye Wand kicks tired, dull undereyes' butts! The double-ended stick brightens and conceals dark circles, smoothes lines, hydrates and brightens the eye contour. Basically it's a surefire way to fake easy zzzs in under a minute. There's a reason why everyone's obsessed with Charlotte Tilbury – the woman's a genius.

BESTSELLER



£29
CHARLOTTE
TILBURY MINI
MIRACLE EYE
WAND

FEELING SOCIAL-ABLE?

Let us know what's topping your **#WhatsTrendingNow** wishlist at:



@NowMag

NowMagazineOnline



£17.50
THE BALM
MARY-LOU
MANIZER
HIGHLIGHTER,
SHADOW &
SHIMMER



JUMPSUIT **£35** NIGHT ON
DISCO MOUNTAIN BY
LUCY MECKLENBURGH AT
PRETTYLITTLE
THING.COM



DRESS **£25** NIGHT ON
DISCO MOUNTAIN BY LUCY
MECKLENBURGH AT
PRETTYLITTLETHING.COM

13 ways
to justify
going
WILD on

PrettyLittleThing.
Oh, and reason No 1? Now's bagged you 20% off



'Tis the season
for a co-ord

£15



£20



PLAYSUIT **£25**
NIGHT ON DISCO
MOUNTAIN BY LUCY
MECKLENBURGH AT
PRETTYLITTLE
THING.COM

**GET
20% OFF**

PrettyLittleThing.com

Update your autumn/winter wardrobe now with an exclusive 20 per cent off at PrettyLittleThing.com – just enter the code **NOWMAG20** at the checkout. With all your favourite celebrity styles, including Lucy Mecklenburgh's new collection, and catwalk-inspired trends at your fingertips, how can you resist?

Terms and conditions: offer applies to all UK orders excluding sale items. Valid until 11.59pm on 3 November 2015 and cannot be used in conjunction with any other promotion or code. One use per customer. No price adjustments on previous purchases. PrettyLittleThing reserves the right to cancel or alter any promotion.



£25

NOW
LOVES



£20



£15



£25



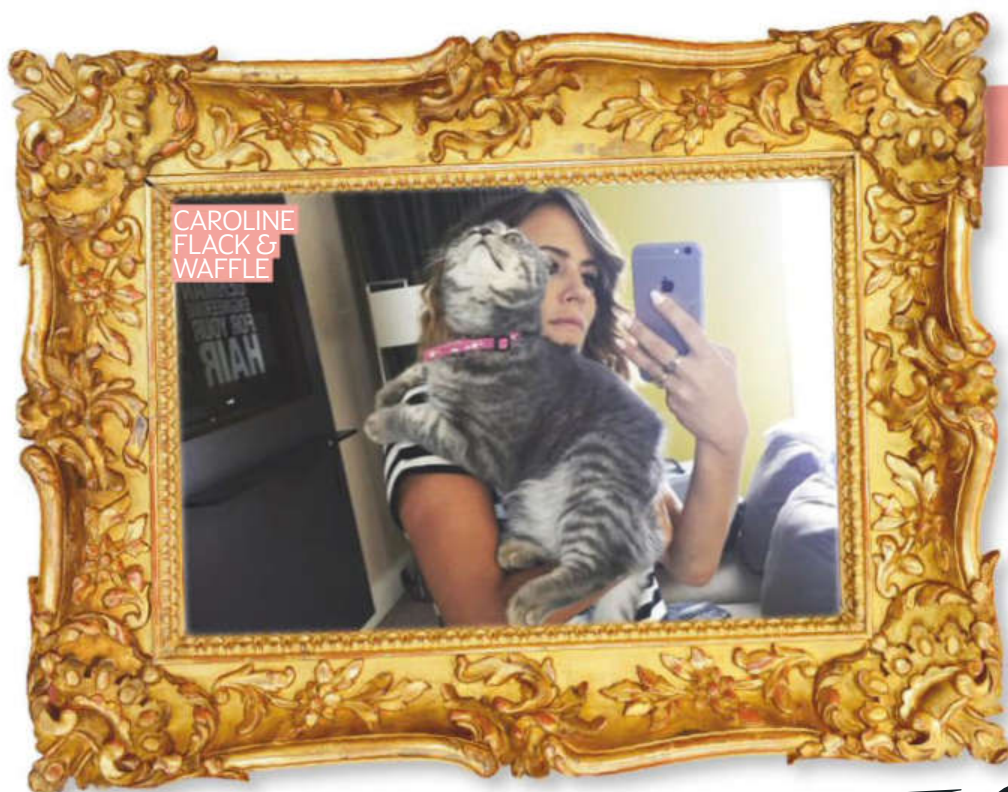
£25

Show off
your waist
in this belted
beauty



£28

com



CAROLINE
FLACK &
WAFFLE

CAZ FLACK'S CAT!

Dreamy duffle coats, soft grey sweats – we basically want to be you, Waffle!



£20
RIVER
ISLAND



UNLIKELY STYLE

Who'da thought that these random things would inspire your wardrobe!?



APEROL SPRITZ

Summer's favourite drink can live on in our winter wardrobe.



£22
CURVISA.
CO.UK

Sizes
14-32



£15.99
NEW
LOOK



£30
RIVER
ISLAND



£45
RIVER
ISLAND

£35
THE-DRESSINGROOM.COM

SUKI
WATERHOUSE



£1.50
PRIMARK



*A cat cuddle
in a coat!*



ICONS





QUIZ

QUIZCLOTHING.COM

DRESS 00100006451 £34.99





£29.99
STRADIVARIUS



£20
ASOS.COM



£18
ILOVESPITFIRE.COM



£16
TOPSHOP



*Can't resist.
Too cute!*

£3.99
TRUFFLESHUFFLE.CO.UK



MINIONS

Our favourite cartoon friends are also autumn's biggest style icons. Yaaa heeee!



£29.99
PULL & BEAR



£49
LOUCHE AT JOY



£4.99
MODELS OWN
NAIL POLISH IN
SARONG WRAP



£48
RIVER ISLAND



ATLANTA
DE CADENET

A fashion advertisement featuring two models. The model on the left is wearing a black shawl with a white geometric pattern over a light blue denim shirt. The model on the right is wearing a grey textured shawl with a fringe hem over a white turtleneck. Both are wearing blue jeans. The background is plain white.

Shawl
£15

Made for... wrapping up in style

Knitted Aztec Shawl £15
Textured Loop Shawl £15
Oversize Denim Shirt £16

click & collect | matalan.co.uk

MATALAN

Made for Modern Families

Products are subject to availability whilst stocks last. Some products may be available in selected sizes or stores only. Full terms and conditions apply, see www.matalan.co.uk or ask in store.



£35
EVANS

Size
14-32



£39
DOROTHY
PERKINS



£79
DUNE



£69
PHASE
EIGHT



£48
WALLIS



EMMA
STONE



EMMA
THOMPSON AS
NANNY MCPHEE

NANNY MCPHEE

Gothic style threads
are *huge* news. Nice
one, Nana. #Nailedit

Pricy,
but so
worth it



£9.99
AX PARIS



£7.99
NEW
LOOK



£120
STYLIST
PICK.COM



Coat

£45

Jumper

£25

Skirt

£25

Gok x
for **Tu**

Search 'Gok for Tu'

Available online and in selected stores. Subject to availability. While stocks last.

Tu *only at*
Sainsbury's

in store | online | mobile



£22
NEW
LOOK

NOW
LOVES



£10
ASOS.
COM

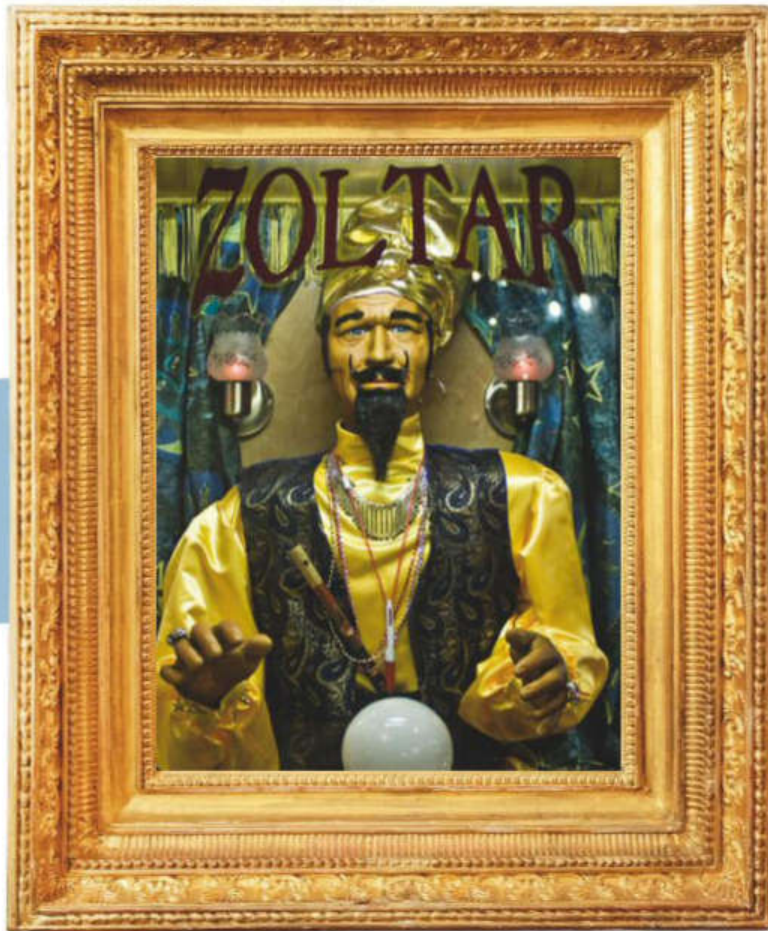


£59.99
ZARA



£19.95
WHITE
STUFF

*Layered
jewels are
a must!*



FORTUNE TELLER

Silk blouses and paisley
prints are trending –
Zoltar called it ages ago!



HARLEY
VIERA-
NEWTON



£45
DOROTHY
PERKINS



£27
VERY.
CO.UK



£10
ASOS.
COM



£7.50
FOR SET
DIVA AT MISS
SELFRIDGE



£89
MARKS &
SPENCER

new



ALL THE FRESHNESS YOU COULD WISH FOR

request your free sample at www.comfortintense.com

£3.99
NEW LOOK
PURE COLOUR
MATTE LIQUID
LIP COLOUR IN
RED

NEW LOOK
PURE COLOUR
MATTE LIQUID LIP COLOUR

£120
RIVER ISLAND

£25
DUNE

£45
ZATCHELS

£60
BHS

QUEEN'S GUARD

It's no laughing matter.
Who wouldn't want to
look this swit-swoo?!

POPPY
DELEVINGNE

NOW
LOVES

Nice
muff!

£14.99
QUIZ

£6
MARKS & SPENCER
AUTOGRAPH ALL
IN ONE NAIL
POLISH IN SATIN

Autograph
SATIN

ALL IN ONE
WITH ARGAN OIL
& VITAMIN E

£35
VERY.CO.UK

GET £10 BACK
when you
spend £50 at
VERY.CO.UK

A VERY GOOD WEEK

Get £10 back at very.co.uk!
Then let us know what you
buy on Instagram @Nowmag
#VeryNow

£279
BANG AND
OLUFSEN BEOPLAY
H6 HEADPHONES



STYLE
DIRECTOR'S
TOP PICKS



£54
JEAN PAUL
GAULTIER LE
CLASSIQUE
EDT, 50ML



£75



£55



£27



£49



£10



£20
LIMIT



£25



£39



£40



£130
GHD V ARCTIC
GOLD STYLER



£28



£45

Rochelle Humes recommends her **TOP PICKS**



£39

Available in sizes 8-20



£35



£85



£49

'I love this - it really nips in the waist,' says Rochelle

Words and styling: Cilly Ferguson

'THIS IS MY FAVOURITE SEASON. I CAN'T WAIT TO LAYER UP THESE TRENDS!'

All Rochelle Humes at very.co.uk

HOW TO CLAIM

Get £10 back when you spend £50 or more at very.co.uk. Just enter the code **6TCMF** at the checkout before 25 October 2015.

Terms and conditions: offer excludes iPhones, financial services products and delivery charges and cannot be used with any other offer code. The full payment of your order will be taken initially and then the £10 will be credited to your Very account or refunded back to your credit/debit card (depending on how you pay). Over-18s only. Credit is provided, subject to status, by Shop Direct Finance Company Ltd. Authorised and regulated by the Financial Conduct Authority. Goods/services provided by Shop Direct Home Shopping Limited. First Floor, Skyways House, Speke Road, Liverpool L70 1AB.

PRESENTING A PRESTIGE INSPIRED
NIGHT CREAM.
WITHOUT THE PRESTIGE PRICE.

Dramatically newer skin is revealed night after night.**



WORLD'S No.1
FEMALE FACIAL SKINCARE BRAND*

Olay Regenerist 3 Point Night Cream is formulated to provide deep hydration when you most need it - overnight. During the night skin can lose moisture as your metabolism slows down, but it's also the optimum recovery time for your skin. Olay Skin Energising Technology penetrates 10 surface layers deep, to start re-energising your skin while you sleep. So you can awake to **dramatically younger looking skin.**

Your best beautiful begins at Olay.co.uk. Available exclusively at Boots.

*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.

**Skin surface renewal is accelerated based on surface cell exfoliation.



OLAY

REGENERIST

YOUR BEST BEAUTIFUL™

A love letter to...

Now Style Director Gilly is hot for classic creams



If seasons were people, autumn would be a gran. One of those nice squidy nanas who floods you with tea and crumpets.

That's how I'd always seen Olay, too – comforting and safe. The females in my family have slathered themselves in the stuff for generations, endlessly effusing about this 'miracle lotion' – *'Feel how soft my face is!'* – while I stubbornly flirted with a bagillion other beauty brands.

And then I met Olay Regenerist. The name won't give you sexy knee wobbles but by gahd is it good. With

a waiting list of 20,000+ women on its launch, and no less than 4/5-star ratings across the range on boots.com, Olay's on to a winner. Clinical tests prove it results in firmer-looking skin and delivers better hydration than moisturisers costing over £100.

But that's not what's got me hooked. Olay's science sorts will put it down to the 'amino-peptide complex'. I prefer to call it 'plumping in a pot' because it gives you perfectly smooth, healthy looking cheeks and, er, it comes in a pot. An autumn accessory if ever I saw one.

So perhaps it's nostalgia or 'the autumn effect'. Maybe mums do know best, but Olay has created another classic. Now, seriously, *feel how soft my face is!*

'My mother used it and I always aspired to having one of the little pink bottles'

THANDIE NEWTON



'Peaches-and-cream loveliness' – ads from 1986 (above) and 1964



The new classic

£29.99
OLAY REGENERIST
3 POINT
AGE DEFYING
DAY CREAM

Mum's My #shelfie

Comforting, safe and ruddy good, here are five more favourites making a comeback



£9.50
NO 7 ESSENTIAL
MOISTURE DAY CREAM



£7.99
ASTRAL ORIGINAL
ALL OVER MOISTURISER



£25
CLINIQUE DRAMATICALLY
DIFFERENT MOISTURIZING CREAM



£4.99
POND'S COLD CREAM



£2.89
NIVEA CREME

Darker skin tones should suit cool purples and plums



KERRY WASHINGTON



£20
BOBBI BROWN
LIP COLOUR IN
BLACKBERRY

£16.50
ORIGINS
KISSZING IN
BEGONIA
BLUSH

£3.99
NEW LOOK
PURE COLOUR
RED MATTE
LIPSTICK

BERRY Kiss

Calling all saucepots! It's time to get fruity with a new season lip

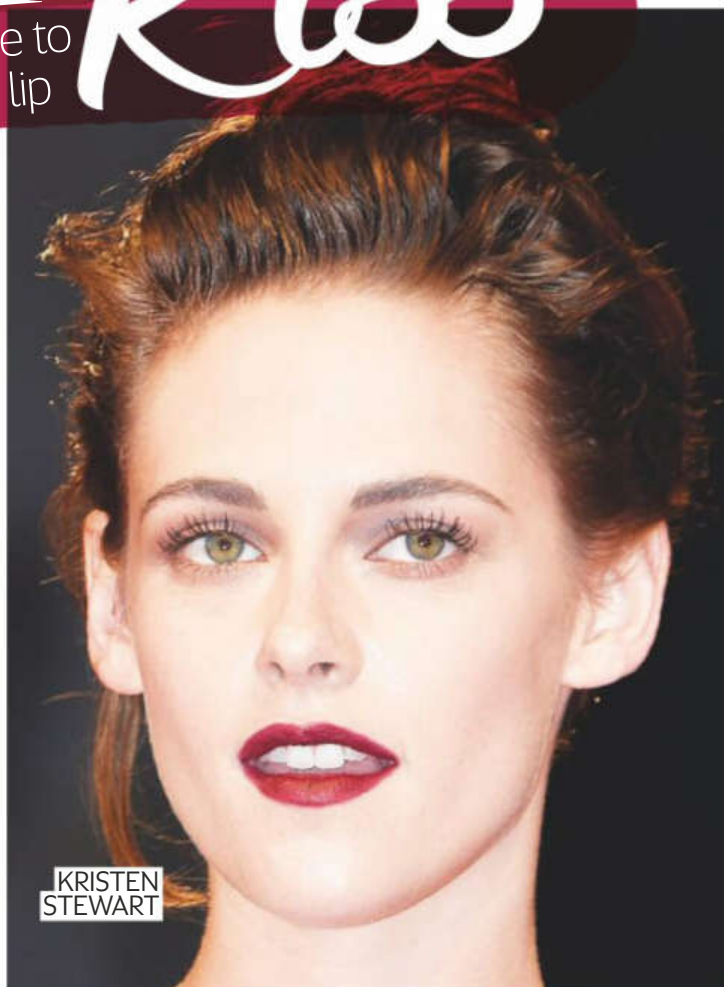


£9.95
TOPSHOP
LIP & CHEEK
SMUDGE IN
WILDERNESS

£23
CHARLOTTE
TILBURY
KISSING LIPSTICK
IN NIGHT CRIMSON

£19
TOO FACED
MELTED
LIQUIFIED
LONG WEAR
LIPSTICK IN
BERRY

Pale and interesting? Opt for shimmering and pinkier shades



KRISTEN STEWART

Head to thisispowder.co.uk for a matching service to find the perfect lip hue for you

Love it or hate it, autumn is upon us. And as you swap floaty kaftans and itchy-bitsy bikinis for bomber jackets and ankle boots, you'll also want to rejig your beauty routines.

Central heating can dry out skin, and we all know what rain and a blast of wind can do to our hair! But sorting a beauty regime that's right for you will keep you looking as sleek and stylish as a top-notch celeb.

To help you get set for the new season, we've assembled a panel of Hero Hunters, experts in health and beauty, who've chosen their top picks from Superdrug's own-brand range.

So from super-glossy hair to spot-free silky skin, our Hero Hunters will get you looking and feeling in fabulous condition for the new season. Superdrug is a great one-stop shop for all your beauty and health essentials and its own-brand buys are not only great value but also cruelty-free and guaranteed to give you that Superdrug feeling. Looking gorgeous just got that little bit easier this season!



Autumn Glow

Ramp up your beauty routines to beat the cold weather blues with our beauty experts' top picks from the Superdrug own-brand range

The Hero Hunters

INTRODUCING THE EXPERTS WHO HAVE CHOSEN THEIR FAVOURITE SUPERDRUG BEAUTY PRODUCTS



Gilly Ferguson
Style content director for Now's beauty and fashion



Dr Anita Sturnham
GP and media doctor who does NHS and private work



Emma White Turle
Celebrity make-up artist and beauty writer



Dr Emanuela Campalani
Specialist in dermatology for NHS and private clients



Kate Murnane
Beauty and motherhood blogger and vlogger



Shona Vertue
Personal fitness trainer and yoga teacher



Jenna Wellbeloved
Superdrug's own-brand product technologist

Treat your skin, hair and body to this season's top beauty buys

Silky smooth skin

VITAMIN E SKIN CARE MOISTURE BOOST FACIAL SERUM **£3.99 FOR 50ML**

I've always been very cautious about what I put on my skin because it's so prone to breakouts. But one day I decided to give the Superdrug Vitamin E range a chance – and I'm very glad I did!

I've been so impressed with the performance of the SPF15 Moisturising Cream, as well as the Nourishing Night Cream, that I've recently introduced the Vitamin E Moisture Boost Facial Serum to my daily regime, too.

This comes in an easy-to-use pump dispenser and has a beautiful rich, velvety

texture. It has been dermatologically approved and can be used alone or in combination with another product. I use it with my day and night creams, and it has definitely helped to transform my skin even further.

With natural fruit acids and nourishing betaine, not only has the Vitamin E Moisture Boost Facial Serum left my skin feeling incredibly smooth, supple and healthier after two weeks, but also my skin has remained spot-free. Amazing!

Jenna Wellbeloved



Easy cleanse

MICELLAR CLEANSING FACIAL WIPES FOR SENSITIVE SKIN **£1.29 FOR 25**



These wipes effectively cleanse and remove make-up, including waterproof mascara, without drying the skin. In addition to micellar water and vitamin E, they contain witch hazel, aloe vera extract and cucumber extract.

Witch hazel is a natural astringent that can gently tighten the skin and pores, and it can also help with acne control by reducing inflammation and oil. Although it gets rid of excess oil, it also reduces water loss from the outer layer of the skin, so skin stays soft.

Aloe vera has soothing anti-inflammatory properties and contains a high number of antioxidants, including beta-carotene and vitamin C. It moisturises the skin without giving it a greasy feel, so it's perfect for oily skin.

Cucumber extract shares the hydrating and moisturising benefits of aloe vera and can also help to tighten skin pores.

These wipes can be used by anybody, but would be particularly suitable for those with oily, sensitive skin.

Dr Emanuela Campalani



Get-the-glow face mask

CLEARLY YOUTHFUL RETEXTURISING GLYCOLIC PEEL OFF MASK **£4.89 FOR 50ML**



At 32, I thought I'd have grown out of acne – or at least that I'd have warded off the onset of wrinkles. Instead I have both! Glycolic has been my skincare saviour, smoothing out acne scarring and low-level wrinkles.

Which is why I couldn't be more excited about Clearly Youthful's new Retexturising Glycolic Peel Off Mask. It doesn't just feel super-satisfying to use, but it also resurfaces the skin's

texture, leaving your face feeling fresh, clean and – dare I say it – glowing!

One thing to note is you need to wear SPF after using this as your skin may be more sensitive to the sun. That said, no matter what your age, if you use this twice weekly for four weeks, it will provide you with low-maintenance yet high-impact skincare at its very best.

Gilly Ferguson



Now PROMOTION

Brilliant hair fix

HAIR THERAPY OIL WITH COCONUT **£3.99 FOR 50ML**

How do I stop my hair drying out and keep it soft, manageable and shiny without feeling greasy?

Sabrina Blayden-Ryall,
30, Berkshire



Gilly Ferguson: Don't underestimate the power of a great hair oil, Sabrina. Seriously, what on earth did we do before them?

After washing and towel-drying your hair, apply a small amount – no more than the size of a 1p piece – of Superdrug Hair Therapy Oil With Coconut. Ignore the roots and, starting at the mid-length, work down towards the ends where the hair is more damaged.

The oil will wrap each hair in a protective film, leaving your locks looking and feeling beautifully replenished. And the lightweight formula means your hair will never feel weighed down, so you'll get a high-gloss finish that smells like a summer holiday!

THIS FANTASTIC HAIR THERAPY OIL GIVES YOU A HIGH-GLOSS FINISH THAT SMELLS LIKE A SUMMER HOLIDAY!

Go online for that Superdrug feeling



Superdrug is so sure you'll love its cruelty-free own-brand range, that it's offering a 100% Happiness Guarantee. So if you're not 100% happy with your product, you'll get a full refund and 25% off your next own-brand buy. Terms and conditions apply, see online or in store for details. To find out more about Superdrug's own-brand range, visit superdrug.com. To view our Hero Hunters' video tips and more product reviews, go to superdrugherohunters.co.uk



[Youtube.com/superdrugloves](https://www.youtube.com/superdrugloves)



[Facebook.com/Superdrug](https://www.facebook.com/Superdrug)



[@Superdrugloves](https://www.instagram.com/superdrugloves)



[@Superdrug](https://twitter.com/Superdrug)



Cruelty-Free International

that **Superdrug** feeling
superdrug.com

Whether it's hair, body or skincare products you'd like, the Superdrug own-brand range offers great choice and value. From top: Hair Therapy Oil, £3.99; Hydrate & Shine Shampoo with Coconut Water, £3.99; Cherry & Almond Shower Foam, £1.99; Hair Therapy Cleansing Conditioner, £4.99; Optimum Swiss Apple Serum, £12.99

For those Oooops moments!™



NEW!

lights
by
TENA

- Specifically designed for unexpected little leaks
- With **FeelFresh Technology™** to lock in moisture and control odour
- lights by TENA Ultra Towel Normal absorb **2x faster** than ordinary Ultra Towels*

Try FREE at lightsbyTENA.co.uk

*vs. other Ultra Towels Normal within the UK market

YOU & Improved

Health, heart, happiness – how to supersize your life

Workout Wonders

The new fit faves you need to try now!

£7.99
VEST
£12.99
BRA
£19.99
TROUSERS
£29.99
TRAINERS
ALL H&M

£22.50
MARKS & SPENCER
QUICK DRY LEGGINGS

£12
EVERY SECOND
COUNTS SOCKS
WITH COOLPLUS

£38
UNDER ARMOUR
COLDGEAR TOP

£25
MARKS &
SPENCER EXTRA
HIGH IMPACT
SPORTS BRA

Keep
warm in
the colder
months

Eat
pre- or
post-workout
if you're
short on
time

£45
OXYGENETIX
OXYGENATING
FOUNDATION,
OXYGENETIX.COM

£1.85
MAXI NUTRITION
SCULPTRESS BAR

A great
work-to-
workout
bag

A
breathable
base means
you can wear
make-up

£30
RIVER
ISLAND

Great for
spin lovers,
this soothes
and cools post-
workout

£17.50
MISSION TECH KNIT
TOWEL WITH
ENDURACOOOL,
PRODIRECTRUNNING.COM

Clever
cushioning
gives you
a boost on
your run

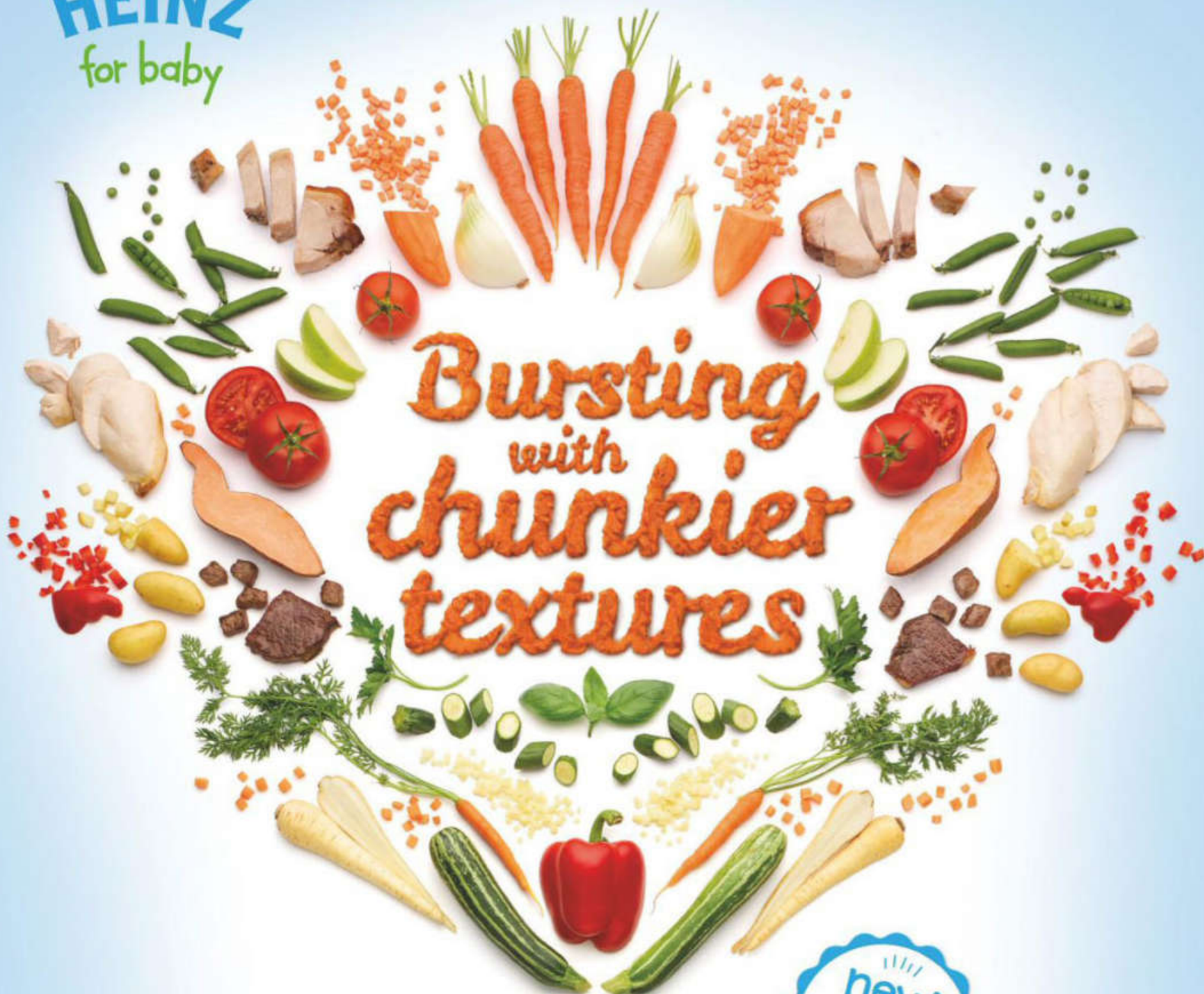
£14
SASS SPORTIVE
INTIMATE RECOVER
ME SERUM, BOOTS

Rain running

£18
EYEKO SPORT
WATERPROOF
MASCARA

£95
SAUCONY EXO
WIND- &
WATERPROOF
JACKET

HEINZ
for baby



Bursting
with
chunkier
textures

new
WIDER SPOUT
pouches



Our **UNIQUE** wider spout pouches are packed with **CHUNKIER TEXTURES**,
perfect for moving your little one on to the next stage.

You & Improved

Oh.My.Bod.

Fitness expert **Chloe Madeley**, 28, shares her top-to-toe health secrets

'I slave away at the gym to get these abs'

HEIGHT: 5FT 7IN
WEIGHT: 9ST 5LB
SIZE: 8

What's your favourite workout?

I like to do HIIT [high-intensity interval training] sprints on Hampstead Heath. It's nice to get fresh air and not be cooped up in the gym like I usually am.

How do you get those abs?

Abs are all about low body fat – and you lower that by watching what you eat and doing cardio or HIIT sessions. To grow muscle, the plank is great as it hits not only every muscle in your mid-section, but your quads, hip flexors, shoulders and biceps too.

What's your favourite body part?

My back – it responds well to training and it's really lean. I like to think I can rock a backless top quite well!

And your least favourite?

My mid-section really tests my patience. I slave away in the gym and the kitchen to get abs – and I resent them for it! It kills me.

What's your tipple of choice?

I love a white wine spritzer with soda water – kind of on the refreshing side. I've also been known to sink a few white Russians – a few thousand calories per drink!

What's your guilty food pleasure?

I've got a sweet tooth, so I really struggle with chocolate.

CHLOE'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet.



Breakfast

I start my day with oats and a scoop of protein powder.

OLLIE SAYS: Oats and protein are a good blend. Oats are a complex carb that's digested slowly, giving you lasting energy throughout the day and preventing you from overeating later. They're also high in dietary fibre.

364 cals

Lunch

A big salad – protein and veg.

OLLIE SAYS: Filling your plate with green veg is a great way to add bulk to your plate without extra calories. I'd recommend adding some fat to this dish – a thumb-size amount of avocado, nuts or olive oil – so you're not undereating.

412 cals

Dinner

Similar to lunch – protein and veg.

OLLIE SAYS: Keeping protein constant in each meal will ensure Chloe stays feeling full. Protein also promotes lean muscle tissue growth and repair – essential for fat loss and getting in shape.

451 cals

Snacks

Mid-morning and afternoon, I snack on nuts, peanut butter or avocado.

OLLIE SAYS: Nuts and avocados are nutrient-dense and provide monounsaturated fats, protein and fibre to protect your immune system. Just be aware of calories as one gram of fat equates to 9 cals.

315 cals

TOTAL CALS 1,542 (GDA 2,000)

VERDICT Chloe's diet is high in nutrient-dense, unprocessed foods, which is great for bone density and hormonal balance and aids fat loss. However, her food lacks variety – she should include different types of meals and foods to help sustain a healthy lifestyle. Daily eating shouldn't feel like 'diet foods'.

Follow Ollie on Twitter @Ollie_Frost

Now 87

Words: Lucy Cornall. Photos: PA. Shutterstock



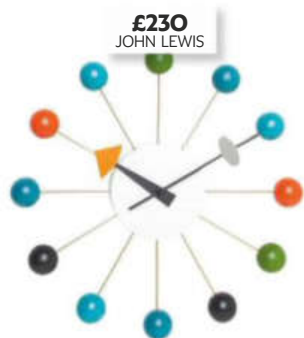
Chloe shows off her abs to her 52.6k Instagram followers

VERY.CO.UK | GET MORE OUT OF EVERY DAY

All you need to get ready

With free next day delivery
and free returns.





£230
JOHN LEWIS



£38
EXITINTERIORS.CO.UK



£219
AMARA.COM



£28
CUTE-CLOCKS.COM



£295
LOAF.COM



£284
VITRA AT HEAL'S



£45
THE LABRADOR COMPANY AT NOTONTHEHIGHSTREET.COM



£88
AMARA.COM

FACE TIME



£10.59
TESCO

It's time... to face... the music fact that clocks go back this Sunday 25 October!



£35
CAROLINE MCGRATH.CO.UK



£8
GEORGE AT ASDA



£169
AMARA.COM



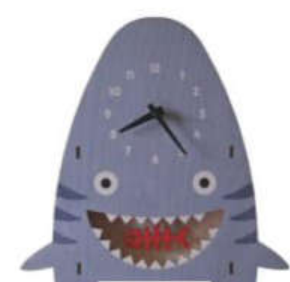
£79
MARKS & SPENCER



£54.95
GOODWINANDGOODWIN.COM



£30
AMARA.COM



£42.50
AMARA.COM



£12 EACH
PENELOPETOM AT NOTONTHEHIGHSTREET.COM



£19.75
JOHN LEWIS



£38
KOZIOL AT EXITINTERIORS.CO.UK



£20
NEWGATE CLOCKS.COM



GEORDIE SHORE:
THE GREEK
ODYSSEY
TUESDAYS 10PM

#GEORDIESHORE SKY 126 VIRGIN 134

Scopes

SATURDAY 24-FRIDAY 30 OCTOBER

Your week ahead with **David Wells**

You & Improved



KATY PERRY
turns 31 on
25 October

IF IT'S YOUR BIRTHDAY THIS WEEK...

With money now in a two-and-a-half year cycle, it's up to you to make this a time of growth. Recent boosts in your professional life will have provided an opportunity for success, but it's not the only way to get ahead. Teaching, writing, and travel could help too. Friends will lead the way and may come with you on the journey. Love is intense, which is how you like it!

SCORPIO 23 Oct-22 Nov

With the Full Moon in your opposite number, it's time to decide what a relationship means to you. It doesn't matter where you're going with it, Scorpio – just go somewhere.

Friends provide support. Call me.
UK: 0905 8171568* IRL: 1560 787908*

AQUARIUS 21 Jan-19 Feb

It's all a bit 007 this week as you try to find out who has the information you seek. Whoever it is, we all know you'll manage to win out in the end – but there will be consequences.

Call me to prepare for a surprise.
UK: 0905 8171571* IRL: 1560 787911*

TAURUS 21 Apr-21 May

You're placed in a position that demands a choice, but remember that doing nothing is also an option. Don't be pushed into making a decision, especially where romance is involved.

Friends have vital info. Call for more.
UK: 0905 8171562* IRL: 1560 787902*

LEO 23 Jul-22 Aug

When money and career are working well together, as they are now, you also need to take notice of celestial prompts. This is a week when you can really make a difference, Leo.

Call to hear about a new beginning.
UK: 0905 8171565* IRL: 1560 787905*

SAGITTARIUS 23 Nov-21 Dec

You always seek knowledge, but this week you might discover something you wish you hadn't. You can't unlearn it, so you must decide if you share your new information or just keep quiet.

Tricky secrets at work. Call for more.
UK: 0905 8171569* IRL: 1560 787909*

PISCES 20 Feb-20 Mar

You're helping several people to understand things they'd otherwise be struggling with. But who helps you with your questions? Do you need a good listener or something more?

Love begins to blossom. Call me.
UK: 0905 8171572* IRL: 1560 787912*

GEMINI 22 May-20 Jun

You're getting in your own way, putting up barriers and excuses when you should be surging ahead. Set your sights on the difficult, the unusual and the downright bonkers. Break out!

Call to hear more about new thinking.
UK: 0905 8171563* IRL: 1560 787903*

VIRGO 23 Aug-22 Sep

Your sign holds the keys to the zodiac, so which sector do you want to visit? Love, work and family are all busy, so make the most of an opportunity you've been avoiding for far too long.

Time to sign that deal. Call for more.
UK: 0905 8171566* IRL: 1560 787906*

CAPRICORN 22 Dec-20 Jan

When you're keen to know a person's full history, everyone knows it's because you're interested in them romantically. So don't pretend otherwise – you're not fooling anyone.

Big overseas plans emerge. Call me.
UK: 0905 8171570* IRL: 1560 787910*

ARIES 21 Mar-20 Apr

Everyone who knows you realises you always say it like it is. But even they may be surprised at how far you'll go to let someone know where you stand concerning a work deal.

Call to hear more on money matters.
UK: 0905 8171561* IRL: 1560 787901*

CANCER 21 Jun-22 Jul

If someone came to you with challenging information like you've recently given to them, you'd need a bit of time to understand it. So why do you expect answers immediately?

Be patient with family. Call me.
UK: 0905 8171564* IRL: 1560 787904*

LIBRA 23 Sep-22 Oct

Past triumphs and losses mean little to anyone apart from you. What someone wants to know is who are you at this precise moment? Think of it as a great way of reinventing yourself.

Money matters are resolved. Call me.
UK: 0905 8171567* IRL: 1560 787907*

*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/UK/IR: Spoke (UK: 0333 202 3390/ROI: 01437 8815)

Now LIVE PSYCHIC READINGS

Pay on your phone bill: call **0906 174 1667** UK £1.50/min**
or **1580 923 425** IRL €2.40/min**



You can also pay using your debit/credit card
Call 0800 063 0772**

Or text NOW then your question
to 86655 £3/text reading (UK only)**

Live medium team
Contact David's expert mediums for a one-to-one reading, guided by messages from the spirit world.
Call 0906 344 0998 £1.50/min (UK only)**

Live Astrologers
Call 0906 344 0311 £1.50/min (UK only)**
Or text ASTRONOW (space) your date of birth (DDMMYY) and your question to 86655 £1.50 per msg x 2 (UK only)**

Calls cost £1.50 per minute (ROI €2.40) plus your telephone company's network access charge. Max call length 19.6 mins. Lines open 8am-1am every day; calls made outside of these hours will be charged. Booking line available Mon-Fri, 9am-5.30pm. All calls recorded. Callers must be over 18. You must have the bill payer's permission. *Text readings cost £3 plus standard rate message. Psychics will promptly reply to all messages. For entertainment purposes only. When you text a psychic, you will get marketing messages from Time Inc. (UK) Ltd and Now magazine. However, you can reply NOINFO at any time to unsubscribe from marketing messages. SP/UK/IR: Spoke. Helpline: UK 0333 202 3392/ROI 01437 8815 (9am-5pm, Mon-Fri). This service is regulated by PhonepayPlus.

The Fix

What'll get your pulse racing this week

BOND IS BACK

Spectre

At cinemas 26 October

The biggest film of the year is here and it's going to blow your mind! This is rumoured to be Daniel Craig's last outing as James Bond, so make the most of him while you can just in case (and pray that Idris Elba is chosen as the next actor to play the secret service agent). The 24th film in the series follows the elusive 007 as he comes into contact with global crime agency Spectre – and yes, it as freaky as it sounds. After the events of

Skyfall, which we're still not quite over, Bond is shaken *and* stirred. His mission takes him on a trail around Mexico, Italy, Austria and Morocco (nice work if you can get it, bar all the killing stuff).

Expect guns, helicopters and lots of sexual tension as Bond fights evil. Truly the best of British.

NOW RATING ★★★★★

And a martini!



FILM



What gadgets will Q (Ben Whishaw) come up with this time?



Expect the most amazing helicopter stunts from 007 – barrel roll, anyone?



FILM

Well branded

Brand: A Second Coming

At cinemas 23 October

This documentary charts the highs and lows of Russell Brand's career as he attempts

to revolutionise the corporate world around him. From drug addict to Hollywood star, Russ has been through it all.

NOW RATING ★★★★★

FILM

PREPARE FOR TAKE-OFF

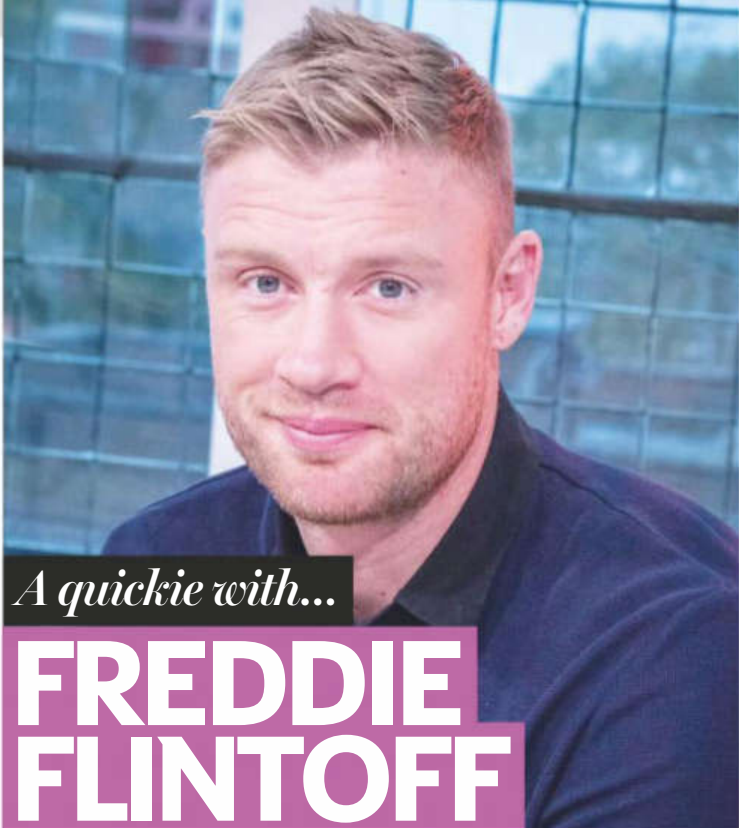
Paper Planes

At cinemas 23 October

This imaginative film isn't just for kids – you'll love it, too. Young Dylan (Ed Oxenbould) is

determined to make a paper plane fly 2m for the World Paper Plane Championships – and meets a girl along the way.

NOW RATING ★★★★★



A quickie with...

FREDDIE FLINTOFF

We catch up with the former England cricketer, 37...

You've been travelling the country, talking about your memories of playing cricket, on your 2nd Innings live tour. How's it going?

Great. I'm really enjoying it. I do it with my mate Clyde Holcroft, so we just hang around and have a laugh together and go on stage. So far the reaction's been really positive.

Is it hard being away from your wife

[Rachael Woods] and kids [Holly, 11, Corey, nine, and Rocky, seven]?

I don't spend that much time away from them. I come home afterwards. I'm not spending as much time away as I used to when I played cricket.

It was your 10-year wedding anniversary this year. What did you do to celebrate?

I didn't see my wife! I was in the jungle for the Australian version of I'm A Celebrity – Get Me Out Of Here!

And you won...

Yeah. It's not my proudest moment, but I'll take it. It was fun to do – quite easy, to be honest. You just sit around all day. I didn't get a chance to speak to Rachael, but I did a video message and they gave me some chocolates she'd sent. I'll have to do something

pretty special next year!

Are your kids following in your sporting footsteps?

Holly plays a lot of sport, but she's more into singing and dancing. The boys both play cricket and football. They like cricket and if they play it then great, but it's not something I'm going to force.

As long as they find something they're passionate about and pursue it, that's all you can ask. I'd support them whatever it may be.

Tell us about Cadbury's

Joynormous campaign...

It's about giving people surprises, which is a real nice thing to do. I was in London's Covent Garden the other day giving prizes to the public – decent ones as well, worth, like, £10,000. It's nice seeing the reactions when people get a pretty substantial prize.

When was the last time someone brought a smile to your face?

My kids make me smile all the time, whether it's watching them play sports or just hanging around with them. You're never quite sure what they're going to say or do next, so I smile quite a lot. I'm lucky that what I do is fun.

Freddie's teamed up with Cadbury to launch its Joynormous promotion. Visit cadbury.co.uk

THE HOT SPOT

What makes us sizzle or leaves us cold

SO NOW

TV



Ed Sheeran on Home And Away
Channel 5,
6pm, 29 October

The ginger one will be one of the kids Marilyn nannied when she was in the UK – and he'll sing in the diner. Don't miss it!

How To Get Away With Murder
Universal Channel,
9pm, 28 October
Viola Davis stars in the second series of the US show about a brilliant criminal defence professor and her students, who've become embroiled in a murder plot.

The Sopranos
Sky Box Sets, from
22 October

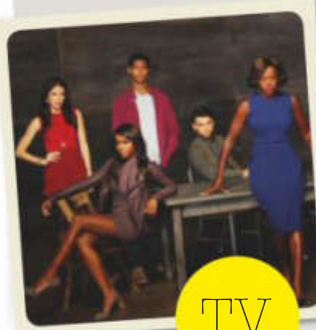
Catch the whole epic series, starring the late James Gandolfini. We challenge you not to get hooked.

Toppling iPads

We love our iPad, but it always falls over when we prop it up. The answer is the ace iBeani (£24.99, ibeani.co.uk), a mini beanbag that'll cushion your precious one.

Christmas is coming...

Which is all well and good, but the big day is still two months away!



TV



TV

SO NEVER



FREE
Sky+HD Box*

Sky TV customers



To get Sky Box Sets and HD upgrade to The Family Bundle today
Call **08442 414 425** or search **Sky Box Sets**



Believe in better

*Excludes existing Sky+HD Box households. Sky Box Sets available to Sky TV customers with The Family Bundle or Sky HD subscription. £6 extra a month for Variety Bundle SD customers. £16 extra a month for Original Bundle SD customers. 12 month minimum term applies. Selection of Box Sets shows/series available and varies each month.

24 " & © 2001-2014 Fox and its related entities. All rights reserved. Series 1-9. BONES " & © 2005-2014 Fox and its related entities. All rights reserved. Series 1-10. Criminal Minds © ABC Studios. All Rights Reserved. Grey's Anatomy © ABC Studios. All Rights Reserved. Hannibal © 2014 Chiswick 2 Productions, LLC. All Rights Reserved. Hannibal Artwork © 2014 NBCUniversal Media, LLC. All Rights Reserved. Mad Men © 2014 Frank Ockenfels/Lionsgate. Penny Dreadful © Showtime Networks Inc. All rights reserved. The Sopranos © 2014 Home Box Office, Inc. All rights reserved. HBO" and all related programs are the property of Home Box Office, Inc. The Blacklist © 2015 Sony Pictures Television Inc. All Rights Reserved. True Blood" ©2015 Home Box Office, Inc. All rights reserved. HBO" and all related programs are the property of Home Box Office, Inc. Sky Box Sets: Available to Sky TV customers with HD or The Family Bundle. Selection of Box Sets shows/series available and varies each month. On Demand: Downloading content requires a compatible black Sky+ Box, broadband connection (minimum recommended speed 2Mbps). On Demand self set-up using built-in Wi-Fi or own cable or On Demand connector (€21.95 - limits apply). Downloads count towards Broadband Lite 2GB / Sky Fibre 25GB usage cap and may expire from your Planner. Downloading a 30 minute show typically uses 0.5GB. Content depends on your Sky TV/HD subscription. Downloadable HD content takes longer to start viewing. Sky HD: Some HD channels are available without subscription. General: Prices may go up during your contract. Non-standard set-up may cost extra. Prices may vary if you live in a flat. You must get any consents required (e.g. landlord's). Prices for Direct Debit payments only. Continuous debit/credit card mandate costs 50p pm. UK, Channel Islands and Isle of Man residential customers only. Further terms apply. Calls to Sky cost 7p per minute plus your provider's access charge. Free Sky+HD Box offer: One free box per household. New 12 month Sky TV minimum term applies for existing customers. Standard set-up €60 for existing customers. Self set-up available to Sky+ customers for €15. You'll need to complete your self set-up within 31 days of getting your box. Correct at 14 September 2015.



BOOK

Chilling IN

Musicals: The Definitive Illustrated Story
Out 27 October

This book is a must for those who love the likes of Les Mis and The Wizard of Oz. It has a foreword by legendary musical star Elaine Page, plus it's got the best glittery cover ever.

Professor Green: Suicide And Me

BBC3, 9pm, 27 October
Male suicide has been labelled 'the silent epidemic', the biggest killer of men under 45 in the UK. So this heartfelt doc presented by Prof Green, whose own father killed himself, is powerful stuff. Let's get educated, folks.



TV



TV

The X Factor

ITV, 7.30pm, 24 & 25 October
It's time for judges' houses – yay! Cheryl takes her group to Rome with Jess Glynne, Rita's in LA with Meghan Trainor and Simon's in LA with Louis Tomlinson. And Grimmy's in, er, Manchester.

Scream Queens

E4, 10pm, 26 October
From the creators of Glee, this US horror comedy is set to keep you hooked – think Mean Girls meets Friday The 13th. It's basically the TV version of Cluedo, where each character has a motive for murder. It even stars original scream queen Jamie Lee Curtis.



TV

Chilling OUT



SHOW

La Soirée

Southbank Centre, London,
27 October-17 January
(la-soiree.com)

This quirky circus is the perfect antidote for the winter blues. From burlesque to cabaret, it'll leave you wanting to go back time and time again.

Snowboxx Festival

Avoriaz, France, 12-19 March
(snowboxx.com)

OK, it's winter already, but if you're missing your festivals then what better than one in the French Alps with Sigma and Grandmaster Flash playing? Book now and get your diary sorted for 2016.



FESTIVAL



FILM

Mississippi Grind

At cinemas 23 October

Any excuse for a bit of Ryan Reynolds! This time he stars as a man setting off on a road trip through the south of America to gamble the money he's lost in the past. Can we come with you, Ry?

Leona Lewis on tour

Nationwide,
21 February-23 March
(leonalewis.music.com/tour)

The girl with the voice of an angel is hitting the road and we can't wait to see her belt out classic hits and songs from her latest album I Am.



TOUR

Words: Rosie Cirauskas. Photos: Rex



SAVE UP TO
27%
ON THE FULL PRICE

SUBSCRIBE TO
Now
FROM £14.99*

SUBSCRIBE AT MAGAZINESDIRECT.COM/13MS
OR CALL 0330 333 4555 QUOTING 13M

*When you pay quarterly by UK Direct Debit. Offer open to new subscribers only. Calls to 0330 numbers will be charged at no more than a national landline call and may be included in your phone provider's call bundle. Final closing date for all orders is 2 February 2016. All orders purchased will begin with the first available issue – please allow up to six weeks for delivery (eight weeks for overseas orders). The free digital version can be withdrawn at any time during the subscription period. Direct Debit offer is available to UK subscribers only. The full subscription rate is for one year (50 issues) and includes postage and packaging. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. For enquiries and overseas rates, contact magazinesdirect@quadrantsubs.com or call +44 330 333 0233.



FREE!
Trial digital version for iPad & iPhone with every subscription

AAA

ABSOLUTELY ANYTHING ACHIEVED ON YOUR BEHALF

Problems affecting ladies particularly catered for.

Reasonable fees to reflect the task undertaken.

Have your divorce settled in your favour.

Obtain reservations for ANY show or restaurant.

Upgrades in hotel and air travel.

We are a concierge service with a very big difference. We think outside the box and go the extra mile. We act within the law.

Freephone: 0800 292 2021 (24 hours) or for outside the UK: 0044 (0) 208 560 1043 (24 hours).

WWW.ANYTHING-ACHIEVED.CO.UK

FAMOUS PSYCHIC **AMBER**

As Seen In The Media,
Writer And Radio Broadcaster.
We Specialise In Relationships And
Heartbreaking Situations.

Credit/Debit 24hr Service Or Pay By Phone
0800 063 9121 **0906 910 3433**

Book online **www.amber-live.com** Calls cost £1 per minute plus your phone company's access charge

£1 Text Psychic Text AMBER to 89778

Calls cost £1.00 per minute plus your phone company's access charge. All calls recorded. Texts from 89778 cost £1 per text. Complicated replies may require 2 texts. To stop a text reading text STOP to 89778. For entertainment purposes. You must be 18+ & have the bill payer's permission. Help? 0800 063 9121. Service provided by Amber Live. We may send free promotional messages, to opt out text END to 89778.

Psychic Sofa **.com**

The best Psychics
and Mediums in the UK

80p per minute
Credit Card **0161 864 8534**

20mins = £16.80, 40mins = £28.80, 60mins = £42. All prices inc vat.

Live Readings **0904 203 2004**

Text answers! Txt: SOFA + Question to 67755 | £1.50 PER MSG

All reads £10.00 plus 80p. Calls to 0800 and 0900 are not subject to access charges. See the calls recorded. Mobile calls may vary for international purposes only. We may send promotional messages. To opt out of marketing send STOP to 67755 at any time. Help? 0161 864 8534. Text cost £1.50 each to receive standard network rate plus 1p per text message.

TEXT CHAT!

women text:enow
men text:mnow
gay text:gnow

FREE FOR WOMEN! to: **69866**

1st 5 msgs FREE. £1.50 for 5
msgs sent/recvd thereafter.

18+. Helpdesk 0207 966 9616. *Standard network charges apply. Women: Network charges only. Send STOP to 69866 to stop. You may be sent free mktg msgs for similar services. Text NO INFO to 69866 to opt out. IP: X-On.

CHAT OR DATE

WOMEN CALL FREE

0800 075 8587

MEN: 0871 908 6692
GAY: 0871 908 2205

18+. Helpdesk 0207 966 9686. 0871 = 13p per min + your network's access charge 0800 = free. Live calls recorded. SP: 4D.

70p per min

CREDIT CARD ONLY

£9.99

FOR 15 MIN READING

Let Your Spirit
Be Your Guide

0905 295 0068

CREDIT CARD SPECIAL OFFER

0800 075 7720

18+. 09 = 70p per min + your network's access charge. Calls recorded. Entertainment purposes only. Bill payers permission. SP:PSL. Helpdesk 0207 966 9646.

CHAT OR DATE

13p per min

WOMEN CHAT FREE!

WOMEN: 0800 075 7397
MEN: 0871 908 2173
GAY: 0871 908 1435

18+. Helpdesk 0207 966 9686. 0871 = 13p per min + your network's access charge. 0800 = free. Live calls recorded. SP: 4D.

DATE CHAT

WOMEN CALL FREE

0800 075 5675

MEN: 0871 908 1504
GAY: 0871 908 1563

18+. Helpdesk 0207 966 9686. 0871 = 13p per min + your network's access charge. 0800 = free. Live calls recorded. SP: 4D.

Trek Machu Picchu, Peru for Marie Curie

19-29 May 2016

Register online now at
www.mariecurie.org.uk/peru
or call **0845 052 4184**.

MarieCurieUK @mariecurieuk



Celebword

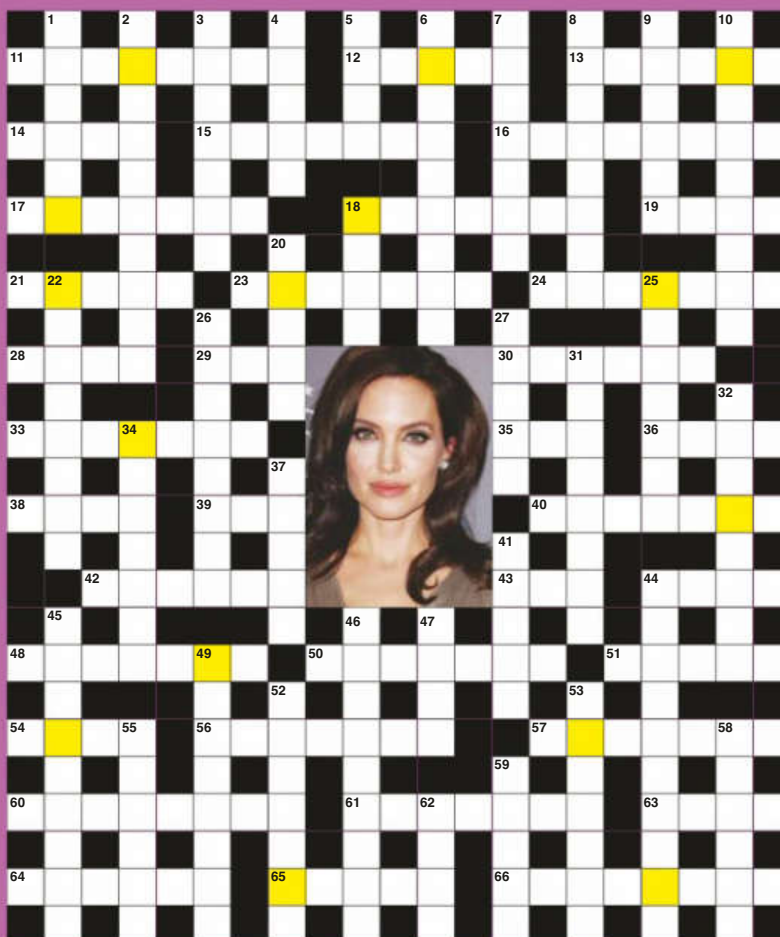
Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: at the age of 14, Angelina Jolie dropped out of acting school with the intention of becoming what?

ACROSS

- 11 Coloured paper thrown at a wedding (8)
- 12 Complete reversal of direction (1-4)
- 13 Garment's inner layer (6)
- 14 Plunge head-first (4)
- 15 Frogman's outfit (7)
- 16 Green salad ingredient (8)
- 17 Pudding (7)
- 18 Sounds of distant thunder (7)
- 19 Elevator (4)
- 21 Early-warning system (5)
- 23 Sign carried on a demonstration (7)
- 24 Powdery wood shavings (7)
- 28 Without charge (4)
- 29 Centre of a wheel (3)
- 30 Brain-teaser (6)
- 33 Headache pill (7)
- 35 Viral disease (3)
- 36 Heathland (4)
- 38 Bit of foliage (4)
- 39 Soft bread roll (3)
- 40 Operating room (7)
- 42 Coloured pencil (6)
- 43 Beer (3)
- 44 Eating regime (4)
- 48 Army officer (7)
- 50 Wreath of flowers (7)
- 51 Aptitude, ability (5)
- 54 4,840 square yards (4)
- 56 Funny, entertaining (7)
- 57 Walks leisurely (7)
- 60 One who looks on the bright side (8)
- 61 Instructor (7)
- 63 Four seasons (4)
- 64 Catnap (6)
- 65 Desert water hole (5)
- 66 Water-based sign of the zodiac (8)

DOWN

- 1 Boys in blue (6)



- 2 Men's cologne (10)
- 3 Airline employee (7)
- 4 Half a century (5)
- 5 Ballet dancer's skirt (4)
- 6 Clients (9)
- 7 Finger joint (7)
- 8 Body of water connected to the Mediterranean (5,3)
- 9 Beast, creature (6)
- 10 Tropical aquarium stalwart (5,4)
- 18 Seaside sweet stick with a name in the middle (4)

- 20 Black suit at cards (5)
- 22 Taken into custody (8)
- 25 Difficult choice (7)
- 26 Young lad who sings in church (8)
- 27 Hard work (5)
- 31 Female offspring (8)
- 32 Chime rung by visitors (8)
- 34 Intense fire (7)
- 37 Backbone (5)
- 41 Finnish steam bath (5)

- 44 Prince Andrew's title (4,2,4)
- 45 Large spiny rodent (9)
- 46 Raincoat (9)
- 47 Sink closure (4)
- 49 One who sets a test (8)
- 52 Sale of lots (7)
- 53 Rider's footrest (7)
- 55 Newspaper chief (6)
- 58 Group of sports clubs (6)
- 59 Bread grain (5)
- 62 As well (4)

ANSWERS

ANSWERS: ACROSS 11 Confetti 12 U-turn 13 Lining 14 Dive 15 Wetsuit 16 Cucumber 17 Dessert 18 Rumbles 19 Lift 21 Radar 23 Placard 24 Sawdust 28 Free 29 Huh 30 Riddle 33 Aspiring 35 Fire 36 Moor 38 Leaf 39 Bap 40 Theatre 42 Crayon 43 Ale 44 Diet 48 Colonel 50 Garland 51 Skill 54 Acre 56 Amusing 57 Strolls 60 Optimist 61 Teacher 63 Year 64 Snooze 65 Oasis 66 Aquarius 67 Down 1 Police 2 Aftermath 3 Steward 4 Fitty 5 Tutu 6 Customer 7 Knuckle 8 Black sea 9 Animal 10 Angel fish 18 Rock 20 Clubs 22 Arrested 25 Dilemma 26 Choirboy 27 Craft 31 Daughter 32 Doorbell 34 Inferno 37 Spine 41 Sauna 44 Duke of York 45 Porcupine 46 Macintosh 47 Plug 49 Examiner 52 Auction 53 Strip 55 Editor 58 League 59 Wheat 62 Also

Photos: Rex

To get in touch with Now, email nowmagletters@timeinc.com, Tweet us @NowMag, post in our Facebook group at [facebook.com/NowMag](https://www.facebook.com/NowMag) or write to us at the address on the right. We regret we cannot answer letters.

COMPETITIONS - GENERAL TERMS AND CONDITIONS Competition details form part of these terms and conditions. Entry is open to residents of the UK, Channel Islands and Isle of Man except employees (and their families) of Time Inc. (UK) Ltd, its printers and agents, the suppliers of the prizes and any other companies associated with the competitions. The winner(s) must be aged 18 or over. Proof of identity and age may be required. Use of a false name or address will result in disqualification. Entries that are incomplete, illegible, indecipherable, or inaudible (if made by phone) will not be valid and deemed void. All entries must be made directly by the person entering the competition. Entries made online using methods generated by a script, macro or the use of automated devices will be void. No responsibility can be accepted for entries lost, damaged or delayed in the post, or due to computer error or internet. The prizes are as stated, are not transferable to another individual and no cash or other alternatives will be offered. The winner(s) is (are) responsible for expenses and arrangements not specifically included in the prizes, including any necessary travel documents, passports and visas. Prizes are subject to availability and the prize suppliers' terms and conditions. The promoters reserve the right to amend or alter the terms of the competitions at any time and reject entries from entrants not entering into the spirit of the competition. In the event of a prize being unavailable, the promoter reserves the right to offer an alternative prize of equal or greater value. The winner(s) agree(s) to the use of their name, photograph and disclosure of county of residence and will co-operate with any other reasonable requests by Time Inc. (UK) Ltd relating to any post-winning publicity. Unless stated otherwise all postal entries must be made on the relevant coupon or form printed in the magazine. Unless stated otherwise the winner(s) will be drawn at random from all correct entries received by the closing date stated within the promotional material. Reasonable efforts will be made to contact the winner(s). If the winner(s) cannot be contacted, or are unable to comply with these terms and conditions, the promoter reserves the right to offer the prize to the next eligible entrant drawn at random, or in the event that the promotion is being judged the promoter reserves the right to offer the prize to the runner(s)-up selected by the same judges. Confirmation of the prize will be made in writing to the winner(s). Failure to respond and/or provide an address for delivery, or failure to meet the eligibility requirements may result in forfeiture of the prize. Where applicable, the decision of the judges is final, based on the criteria set out in the promotion, and no correspondence will be entered into over this decision. Competitions may be modified or withdrawn at any time. The provider of the prize is specified within the promotional material. The promoter is Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU. The promoter is Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU for a free copy of such taken or coupons. **Now Incorporating Here!** This periodical shall not, without the written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade at more than the recommended selling price shown on the front cover, and it shall not be lent, resold or hired out or otherwise disposed of in a mutilated condition or in any other unauthorised cover by way of trade or for the purpose of advertising, literary or pictorial matter whatsoever. © Time Inc. (UK) Ltd 2015. We regret we cannot be liable for the safe custody or return of any unsolicited material. We do not accept or return unsolicited manuscripts. The editor reserves the right to shorten or modify any letter or material submitted. We regret we cannot be liable for the safe custody or return of any material submitted. Now is printed in England by Polestar Sheffield Ltd, part of the Polestar Group Ltd. Prepress origination by Rhapsody. Published by Time Inc. (UK) Ltd. Distributed by Marketforce (UK) Ltd, a Time Inc. (UK) Ltd company, 2nd Floor, 5 Churchill Place, Canary Wharf, London E3 5SH. Tel: +44 (0)20 378 79001. All prices correct at time of going to press. Subscription rates: one year (including P&P): UK £82.65, Europe £174.60, North America \$227.30; rest of world £148.75. For UK subscription enquiries, call 0844 848 0848 and for enquiries from overseas, call +44(0)330 3330 233 or email magazinesdirect@quadrantsubs.com.

Now

Time Inc. (UK) Ltd, Blue Fin Building,
110 Southwark Street, London SE1 0SU
Editorial tel 020-3148 6373
Advertising tel 020-3148 3668
Creative Solutions tel 020-3148 3649
Website nowmagazine.co.uk
Twitter twitter.com/NowMag
Facebook facebook.com/NowMag

EDITOR-IN-CHIEF Mark Frith

Deputy Content Director & Digital Editor

Victoria Kennedy

Acting Deputy Content Editor &

Social Media Manager Caroline Millington

Assistant Editor (News Content) Louise Bennett

Acting Art Content Director Ian Cave

Picture Content Editor

Francesca D'Avanzo 86386

Chief Content Sub-Editor/Head Of Production

Sue Smith

Assistant Editor (Digital) Lydia Southern

NEWS & SHOWBIZ

Showbiz Content Editor Amy Brookbanks

Senior News & Showbiz Content Writer

Joshua Fox

Showbiz Content Writer Lucy Gornall

Videographer Dean Uzzell

FASHION & BEAUTY

Style Content Director Gilly Ferguson 86408

Junior Style Content Writer Sarah Bradbury

ART

Senior Content Designers

Juliet Boucher, Saffron Powell

Intern Alex Hambis

PICTURES

Deputy Picture Content Editor Carol Hendry

Assistant Picture Content Editor Karen Eckert

Picture Desk Assistant Natalie Burton

SUB-EDITING

Senior Content Sub-Editors

Elaine Harries, Bridget Sedman

CONTRIBUTORS

News & Showbiz Rosie Gizauskas, Amy Lo,

Lucretia Munro

Fashion & Beauty Lydia Thompson

Art Sofia Baksh, Lucy Bryant

Pictures John Gooch

Subbing Gemma Birss, Colin Houlson

Legal Adviser David Burgess

ADVERTISING

Group Trading Director Kate Mackenzie 83603

Group Trading Director's PA Kate Faulkner 83670

Head Of Agency Sales Lindsay Dean 83668

Ad Manager Emma Lowe 83679

Display Sales Team Sasha Francis 83722

Emma Holloway 83658 Banbha O'Hagan 83655

Tanya Spero 8762 Rachel Stevens 83673

Susanah Sullivan 87625 Sheena Vaja 87619

Victoria Vatisas 83666

Classified Head of Sales Romano Sidoli 82501

Classified Ad Manager Robina Shahid 82540

Inserts Ad Manager Zoe Freeman 83707

CREATIVE MEDIA

Creative Media Director Matt Downs 83681

Shoots Director Ginny Henry

Content Director Joanna Rahim

Projects Director Hannah Spice

Project Manager Claudia Parkinson

Head Of Creative Media Regional

Catherine Cooper

PRODUCTION

Group Production Manager Sue Balch 85433

Production Manager Samantha Wackener 85454

Ad Production Gary Knell 83694

Classified Ad Production Leigh Jasper 82506

MARKETING

Marketing Managers Justine Geldard & Nicola

Woods 86238 Marketing Assistant Fiona Logan

Syndication Efi Mandrides 85485

[For Time Inc (UK) Ltd syndication, visit

timeincukcontent.com/Syndication/]

PR Enquiries Anna Foster 85406

SUBSCRIPTIONS

Senior Subscriptions Marketing Manager

Nikki Phillips 86308

Subscriptions Acting Marketing Operations

Manager Ben Hogan 86300

CIRCULATION & DISTRIBUTION

Deputy Circulation Manager Sam Viggers 83466

Circulation Executive Emily Maskell 83320

PUBLISHING

Publishing Director Jo Smalley

Time Inc. (UK) Ltd

ISSN 1365-6864

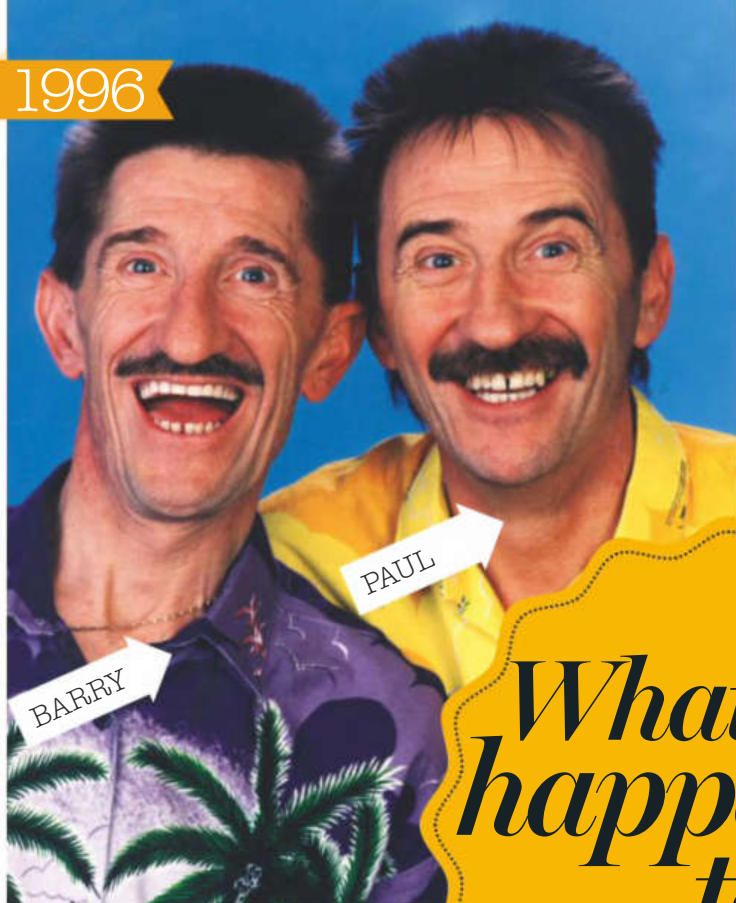


For information on work experience slots,

visit nowmagazine.co.uk/workexperience/

1996

NOW



Whatever happened to....?

The Chuckle Brothers

Are they still Chuckling?

The quick answer to that is no. Chuckle Brothers Barry, 70, and Paul, 67, made 292 episodes of their BBC series *ChuckleVision* between 1987 and 2009, but sadly it then came to an end. When asked if the show might return by one of the 200,000 strong fans who 'liked' a Facebook petition to bring it back, Barry said:

'I doubt it'll happen – the BBC aren't interested.' Boo!

So how did they start out, then?

It was actually Barry and Paul's older siblings Jimmy, now 84, and Brian, 81, who began performing as a comedy duo, The Patton Brothers, way back in 1954! The four brothers then appeared together as the Chuckle Brothers in the 80s, before Paul and Barry found kids' TV fame as a duo with *The Chucklehounds* in 1985 and then *ChuckleVision*.

What do they do now?

They may be drawing their pensions now, but Barry and Paul rarely seem to put their feet up – they have a string of nightclub personal appearances lined up for the rest of the year.

And last year, in quite possibly the most comedic collaboration of all time, the pair teamed up with rapper Tinchy Stryder

on the song *To Me, To You* (Buv), which was recorded to raise money for the African-Caribbean Leukaemia Trust. After the official video for the track racked up millions of views within the rap community, the Chuckle Brothers' manager Phil Dale said: 'With all sincerity, the track wasn't done to gain the Brothers street credibility.'

What about their personal lives?

Both brothers are married – Barry's wife is called Ann and Paul's married to Sue. But their older brother Jimmy caused a bit of controversy recently when he revealed that he's set to marry a 25-year-old fan named Amy Phillips after meeting her on Facebook – despite a 59-year age gap. Speaking about the relationship, Jimmy said: 'I never thought I'd find love again after the death of my wife Valerie. Amy's been a fan of *ChuckleVision* all her life and commented on something I posted and it just went from there.'

The CHUCKLE BROTHERS



In last year's book *Fifty Years Of To Me... To You*, Paul revealed: 'In the summer of 1980 we used to go clubbing with a music promoter who I think was Simon Cowell.' Blimey!

Setting out on another adventure on ChuckleVision



Rapping with Tinchy



If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at **nowmagletters@timeinc.com**

Kit out your little monsters at wilko



£8

Bloodsucking vampire costume*

£6

Skeleton mini dress costume**

HAVE A SAFE
SPOOKTACULAR
HALLOWEEN
FIND OUT MORE
AT WILKO.COM

All our
Halloween
costumes comply
with British
Nightwear
Standards

£3.50

Candy King
rip and mix pouch

50p

each
Treat bucket

£1

Reflective stickers



Where
there's a **wilko**
there's a way

Shop 24/7 @ WILKO.COM

PANTENE

VISIBLY ERASE THE DAMAGE OF 100 BLOW DRIES

OUR MOST ADVANCED FORMULA YET.
VISIBLY ERASES DAMAGE FROM THE FIRST USE.

YOU'LL BE BLOWN AWAY.

PANTENE
PRO-V

CONDITIONER
REPAIR &
PROTECT

PANTENE
PRO-V

SHAMPOO
REPAIR &
PROTECT

PRO-V

FIND OUT MORE ON PANTENE.COM